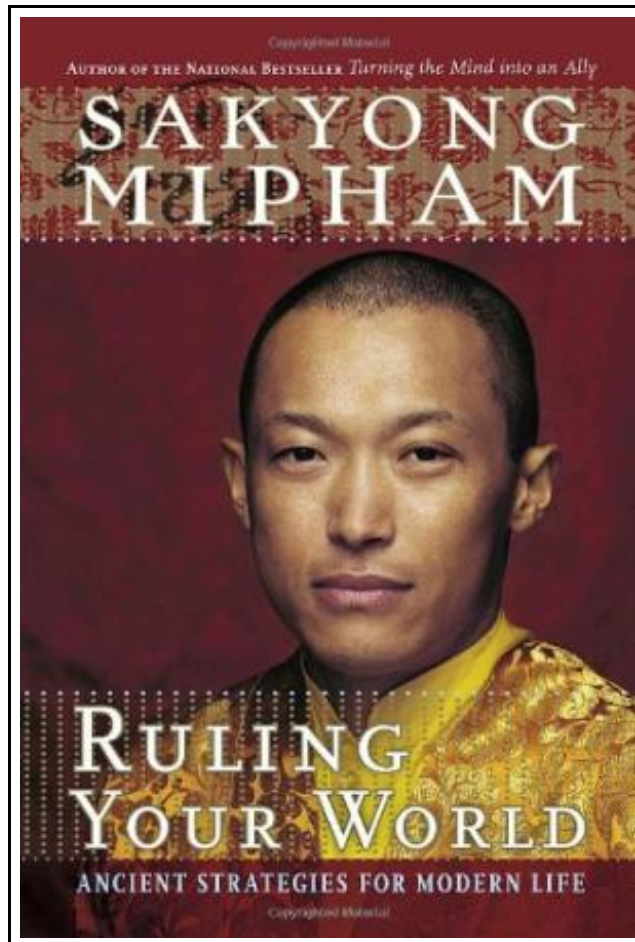


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(Mitchell Kuhn III)

RULING YOUR WORLD: ANCIENT STRATEGIES FOR MODERN LIFE (PAPERBACK)



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Potter/TenSpeed/Harmony, United Kingdom, 2006. Paperback. Book Condition: New. 185 x 127 mm. Language: English . Brand New Book. You re stuck in the airport security line, late for a flight. The line isn t moving. You re angry at the security personnel for taking so long, you re irritated at the other passengers for having so much stuff, you re mad at your boss for sending you on this trip in the first place. By the time you get to your gate you re angry, deflated, and exhausted. Then someone cuts in front of you in the line to board and you snap. There s a line, you know! Is that really you, standing in an airport, yelling at a stranger, emotions raging? It happens to most of us more than we d like to admit. In an instant, our lives seem out of control and overwhelming. It s always something, isn t it? But what if you could approach every part of your life--from the smallest decisions to life s biggest setbacks--with total confidence, clarity, and control? According to Sakyong Mipham, we all have that power. The secret is simple: If you just stop thinking about yourself all the time, happiness and confidence will come naturally. It sounds absurd and, what s more, impossible. But in *Ruling Your World*, Sakyong Mipham shares ancient secrets on how to take control of our lives and be successful while cultivating compassion for others and confidence in our own intelligence and goodness. The key to this well-being lies in the ancient strategies of the warrior kings and queens of Shambhala. The kingdom of Shambhala was an enlightened kingdom of benevolent kings and queens and fiercely trained warriors. No one knows for sure whether this kingdom was real or mythical, but there are ancient...



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