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Buddha s Bodyguard: How to Protect Your Inner V.I.P. (Paperback)

By Jeff Eisenberg

Kaminn Media Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An innovative guide to applying the strategies of a bodyguard to create a Buddhist security plan for protecting ourselves from suffering - Presents the unique concept of the bodyguard and its protection tactics as a metaphor for explaining and implementing Buddhist teachings - Recasts the Four Noble Truths as the Four Noble Tactical Truths, the Eightfold Path as the Eight Tactics Plan, and the notion of Interbeing in the Buddhist world as the Tactics of Interdepending - Offers a new, modern understanding for the new generation of Buddhist practitioners intrigued by a more Western take on Buddhism Drawing from his extensive experience as a professional protection agent, Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist security plan. This plan provides the practical tools to protect one s self from the threat of suffering in our world. Using the metaphor of being the Buddha s bodyguard to understand the Buddhist teachings, the book details how to protect our inner Buddha nature and secure our mental and emotional wellbeing. We...



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