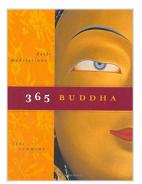
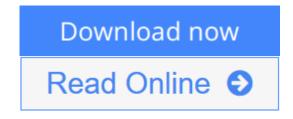
# 365 Buddha: Daily Meditations



By Jeff Schmidt



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Such is the powerful simplicity of Buddhist teachings that a one-or-two-line quotation from a seminal Buddhist text can resonate throughout our days and nights. The infinite wisdom of this religion has touched people from all walks of life from all over the world.

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## **Editorial Review**

#### From Publishers Weekly

This year has seen a stable of books and devotionals that aim to enhance daily life with Buddhist principles: 24/7 Dharma (Tuttle), Zen 24/7 (Harper San Francisco) and The Buddha's Book of Daily Meditations (Shambhala), just to name a few. Putnam/Tarcher joins the party with Jeff Schmidt's 365 Buddha: Daily Meditations. While there's nothing original about the book's concept, Schmidt is refreshingly honest about that: the opening epigraph actually assures readers that "nothing new will be said here." This is a nice book of short daily meditations, but it's virtually indistinguishable from its peers.

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#### From Library Journal

A longtime practitioner of Buddhism, Schmidt has assembled a winning anthology of insights, poems, parables, and stories from the Buddhist tradition, ranging from its earliest texts to 20th-century works. Not least of the book's virtues is that its compiler understands, as few writers on any subject do, that less is frequently more. Schmidt's fine little book comes with a helpful glossary of terms not fully explicated elsewhere in the text. Highly recommended.

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#### About the Author

Jeff Schmidt has been practicing and studying Buddhism, in the United States and abroad, since 1984. The resident Buddhist scholar at the Tattered Cover bookstore, he lives in Boulder, Colorado.

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