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The middle way is put forth by the author as the path through a w The concept is that the Western philosophy of Aristotle (individual fulfillment as a necessary condition of societal harmony) and the Eastern of

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Confucius (societal harmony as a necessary condition of individual fulfillment) are brought together and harnessed by the Buddha's teachings of the middle way.

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The Middle Way is the correct view of life as taught by the Buddha. It refers to the thoughts and deeds that are most likely to create happiness. The religion of Buddhism itself is sometimes called “ the Middle Way, ” as it seeks always to reconcile opposing viewpoints and maintain balance.

The Middle Way | Buddhists.org

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But there is a better way—a middle way—where we might discover common ground for peace, both personally and universally. Lou Marinoff, professor of philosophy and author of *Plato, not Prozac*, reveals the ABCs of finding that spiritually rich path: Aristotle, Buddha, and Confucius. Each of these wise men knew that extremism destroys happiness, health and harmony, and shared the supremely important notion that the main purpose of our existence is to lead a good life, here and now.

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In the broadest sense, the Middle Way refers to the

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Buddha's enlightened view of life and also the actions or attitudes that will create happiness for oneself and others; it is found in the ongoing, dynamic effort to apply Buddhist wisdom to the questions and challenges of life and society.

The Middle Way | Soka Gakkai International (SGI)
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Few things will so simply bring happiness and relieve stress as laughing. So: Revisit one or two of those

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Marinoff small video clips that always makes you laugh or smile. Head over to your favorite funny comic online or in your bookshelf. Listen a bit to a podcast or a stand-up show that you know you find funny. 12. Do what you deep down think is the right thing.

Daily Happiness: 13 Simple Ways to Find it in Your Life But there is a better way—a middle way—where we might discover common ground for peace, both personally and universally. Lou Marinoff, professor of philosophy and author of *Plato, not Prozac*,...

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‘ The Middle Way ’ by Lou Marinoff Review by Robert M Ellis of ‘ The Middle Way: Finding Happiness in a World of Extremes ’ by Lou Marinoff (Sterling Publishing, New York, 2007) Lou Marinoff is Associate Professor of Philosophy at the City University of New York. He is also a leading exponent and practitioner of philosophical counselling.

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‘ The Middle Way ’ by Lou Marinoff | Middle Way Society

But Lou Marinoff, a professor of philosophy and author of the bestseller Plato, not Prozac, argues that there is a better way--a middle way--where we might discover common ground for peace, both personally and universally. In this book he reveals the ABCs of finding such a path: Aristotle, Buddha, and Confucius.

Lou Marinoff. The Middle Way: Finding Happiness in a World ...

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