



Meaning in Life: A Buddhist View

Sarvananda

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How can we bring more sense of significance into our lives? What meaning does life have in the face of suffering or death? Do we have a *why* to live for?

Sarvananda takes us from the challenge of finding meaning to a need to engage with the wider world, by drawing a parallel with the Buddha's own quest. Using references from the twentieth century, Sarvananda covers many of the ways in which we seek meaning, citing writers and thinkers such as Akira Kurosawa, William Wordsworth, and Woody Allen. In so doing he moves from individual understanding to the principles of Buddhist teaching and demonstrates in a calm, friendly way how to apply the teachings practically.

A concise, witty exploration of what truly matters.

Sarvananda was born and educated in Glasgow, Scotland. In 1987, after being ordained as a member of the Western Buddhist Order, he moved to Norwich, England, where, over the last twenty years, he has taught classes in Buddhism and meditation. At present he earns a living by writing and has had six plays and a comedy series broadcast on BBC radio. This is his first book.

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