



The Buddha in Your Mirror: Practical Buddhism and the Search for Self

By Woody Hochswender, Greg Martin, Ted Morino

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While the notion that “happiness can found within oneself” has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one’s health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

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Editorial Review

From Publishers Weekly

Tina Turner found the strength to leave an abusive marriage after she began chanting "Nam-myoho-renge-kyo." This phrase, translated as "I devote myself to the mystic law of cause and effect through sound," is at the heart of Nichiren Buddhism, a practice clearly explained in this self-help primer. In 1253, the Japanese monk Nichiren declared Nam-myoho-renge-kyo "to be the one true law, the great 'secret' hidden in the depths of the Lotus Sutra." Nichiren's intent was to make attainment of Buddhahood imminently available to all. This manual's authors heartily endorse the chant as completely accessible and effective at achieving desires for self and others. Noting that Nichiren Buddhism is "open equally to everyone... there are no priests or gurus," the authors promote the Nichiren path as fitting neatly within the modern world of science, especially physics, where impermanence is now a given. They also point readers toward finding community within Soka Gakkai International, a Nichiren-centered organization with 12 million adherents in 160 nations. The introduction by jazz great Herbie Hancock, a Nichiren practitioner for 29 years, makes one wonder if the rhythmic emphasis of this chant has a special call for musicians, but this path obviously has bold appeal for a broad audience of people who are willing to give chant a chance.

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Review

...recommended reading for peace activists, students of Buddhism, and those who have...appreciated Ikeda's work for the past three decades. -- *Midwest Book Review*

...this path obviously has bold appeal for people who are willing to give a chant a chance. -- *Publisher's Weekly*

The perspective of compassion and the interconnectedness of all life infuse this work... -- *MTB-NAPRA Review*

About the Author

Woody Hochswender is a former reporter for the *New York Times* and editor at *Esquire* magazine. He lives in Sharon, Connecticut. **Greg Martin** and **Ted Morino** are vice general directors of the SGI-USA, the lay organization of Nichiren Buddhists. They live in Los Angeles.

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