



# What Would Buddha Do?: 101 Answers to Life's Daily Dilemmas

*Franz Metcalf*

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## **What Would Buddha Do?: 101 Answers to Life's Daily Dilemmas** Franz Metcalf

A unique approach to Buddhism, *What Would Buddha Do?* shows that anyone can find guidance in Buddha's teachings. It demonstrates how to use the advice of Buddha to become a better person at work, at home, and in society. Presented in a reader-friendly format, with each page offering a question, a Buddhist quote, and advice from the author, *What Would Buddha Do?* applies this question to 101 problems confronted in everyday life and reveals how Buddha's teachings are still meaningful after 2,500 years.

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