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NINE 14 CLUB BOOK TALK / THIS WEDNESDAY • UPSTAIRS AT 4:30 For kids ages 9-14 • Books • Pizza • Sodas • Juice • Harry Potter and the Sorceror's Stone

Author Event

Joseph P. Arpaia

Tibetan Wisdom for Western Life

Tuesday, February 22nd

7:20 P.M. in the Knight Library Brow

7:30 P.M. in the Knight Library Browsing Room



In just 15 minutes a day you can learn how to stay calm during a crisis, reduce stress in your workplace, handle family challenges with grace and increase your memory and mental agility. *Tibetan Wisdom for Western Life* presents applications that enable readers to achieve their full potential. Join Eugene psychiatrist and co-author of the book, Joseph Arpaia for a reading and booksigning.

"The authors of this book, Joseph P. Arpaia, and Lobsang Rapgay, have drawn on both the Tibetan Buddhist traditions of meditation and the understanding of Western cognitive psychology, to try to present meditative practice in a way that readers will find is actually effective."

-His Holiness the Dalai Lama

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