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Simplified Chinese edition of A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted. A minister offers a simple and effective way to live happier - stop complaining. It is the most direct way to become happier. He has issued a challenge; stop complaining for 21 days - that's how long it takes to break a habit. Distributed by Tsai Fong Books, Inc.

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??kyamuni was a sage from the ancient Shakya republic in India on whose teachings Buddhism was founded. His life is a story of how a normal human being can become an ?awakened one? by sacrificing himself for the benefit of all. As a Buddhist, what we can learn from the eight different stages of the Buddha?s life is very inspiring when we follow his teachings in our daily practices. This book helps the readers to form upright values in life and have comfort in this faith.

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