

how to remain
even-minded
in a world of change?

living ethically in the 21st century:
an introduction to buddhism and meditation

tuesdays, 7.30pm

www.worcesterbuddhistcentre.org.uk

how to stay
content
when consumerism turns sour?

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how to find

meaning

as life rushes by?

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how to take

courage

in an uncertain world?

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how to act with

kindness

when times are tough?

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how to keep

human

in a frenzied world?

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how to discover

richness

in a time of austerity?

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how to be

happy

in an imperfect world?

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how to find

peace

in stressful situations?

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how to stay

alive

in the daily routine?

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