

# Helpful Books on Amazon

Below are some books that I have found helpful in practicing ethics and spirituality. I keep these books on my bookshelf.

## Buddhist Teachings & Teachers

All of these books are written for a general audience.

[Dhammapada](#) by Thomas Byrom

[Beyond Religion](#) by the Dalai Lama

[Ethics for the New Millennium](#) by the Dalai Lama

[Buddhism Pure and Simple](#) by Hsing Yun

[The Eight Realizations of Great Beings](#) by Phap Hai

[For All Living Beings](#) by Hsing Yun

[Lotus in a Stream](#) by Hsing Yun

[Interbeing, 4th Edition](#) by Thich Nhat Hanh

[The Miracle of Mindfulness](#) by Thich Nhat Hanh

[The Heart of Understanding](#) by Thich Nhat Hanh

[Training the Mind and Cultivating Loving-Kindness](#) by Chögyam Trungpa

[How to Expand Love](#) by the Dalai Lama

## Other Helpful Books

The first 9 books listed below are written for a general audience. The last 4 books are somewhat more academic books, but it is possible for a general audience to glean useful ideas by reading the easier sections and skipping the harder sections of the books.

[Tao Te Ching](#) translated by Gia-Fu Feng and Jane English

[Chuang Tsu Inner Chapters](#) translated by Gia-Fu Feng and Jane English

[Becoming More Fully Human](#) by William Murry

[The Happiness Trap](#) by Russ Harris

[Dialogue for Difficult Subjects](#) by Lisa Schirch and David Campt

[Living With the Stars](#) by Karel Schrijver and Iris Schrijver

[Nothing to Grasp](#) by Joan Tollifson

[Living Realization](#) by Scott Kiloby

[On Caring](#) by Milton Mayeroff

[Pragmatic Fashions](#) by John Stuhr

[The Specter of the Absurd](#) by Donald Crosby

[The Art of Being a Healing Presence](#) by James Miller and Susan Cutshall

[Existential Psychotherapy](#) by Irvin Yalom