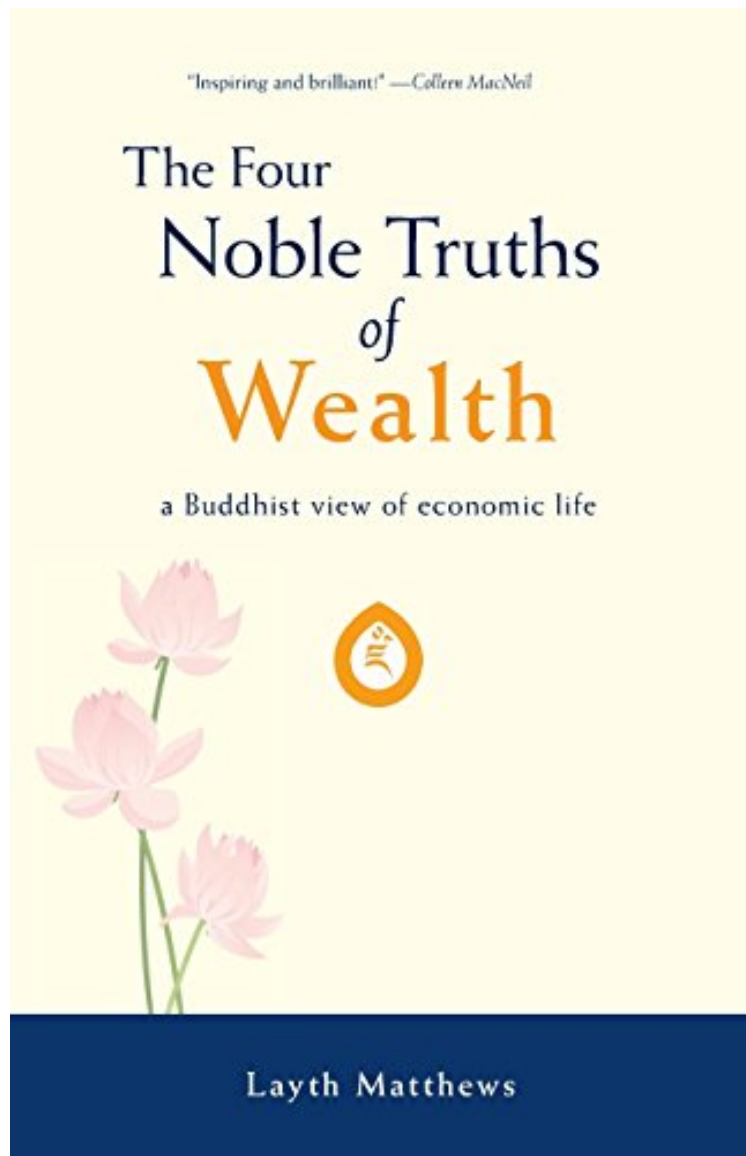


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## The Four Noble Truths of Wealth: A Buddhist View of Economic Life (Inherent Wealth Series)

Layth Matthews

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**Layth Matthews : The Four Noble Truths of Wealth: A Buddhist View of Economic Life (Inherent Wealth Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Four Noble Truths of Wealth: A Buddhist View of Economic Life (Inherent Wealth Series):

5 of 5 people found the following review helpful. The perfect guide to joining the view of meditation with the meaning of wealth  
By Robert Reichner  
Mr. Matthews has written an extremely valuable book bringing together two subjects rarely connected: money and Buddhism. His background both as an economist / business owner combined with many years as a student and teacher of meditation creates the perfect seat from which to present this material. Bringing together the view of both inherent wealth and material wealth as it relates to the traditional teaching of the Four Noble Truths first presented by the Buddha creates the perfect framework for looking closely at the meaning of human worthiness, what we value, where richness comes from, and ultimately how this relates to our money and livelihood. Based on teachings he presented to audiences over the course of his teachings series, Mr. Matthews' book provides a helpful and insightful treatment of these topics that will benefit both new students and long time practitioners of meditation and Buddhism. I'm so pleased to see this book now available to a wide audience so that the teachings of inherent human goodness can be brought to the world of wealth and money.  
0 of 1 people found the following review helpful. Loved it  
By Farmhouse Lady  
Excellent transfer of Buddhist teachings to money. Easily read and well written. Insightful and hopeful. Thank you for writing this.  
0 of 1 people found the following review helpful. Five Stars  
By fredrick smithgood

Meditation instructor, economist, and mortgage broker, Layth Matthews, presents Buddhism's foundation teaching with examples from modern economic life. An excellent introduction to Buddhism and Buddhist meditation, this book also illuminates the role of perception as the gateway to richness by any measure, and the Eightfold Path to an unconditionally wealthy life.

The Four Noble Truths of Wealth presents a brief, engaging and highly useful approach to dealing with the important topic of how we can live with money in a wise, spiritually informed way. I recommend this book to anyone who wants to actually live the real challenges and opportunities of life as path.  
James Sacamano, MD, author of Getting Back to Wholeness, The Treasure of Inner Health and the Power of a Meaningful Life  
From the Author  
From the Buddhist point of view, wealth is always and everywhere a matter of perception. This book is about discovering the essence of prosperity, in which material wealth has a role to play but not the central one. Getting to know one's mind through the practice of sitting meditation is the foundation of a wealthy outlook, which is the key to abundance of many kinds.  
From the Inside Flap  
The great investor Warren Buffet once said, 'if you don't know how to manage \$100 you won't know how to manage \$100,000'. With a little transcendent accounting we can restate this from the Buddhist perspective to say, "if you know how to appreciate a moment, you will know how to appreciate a lifetime". The Buddhist advice for economic life is the same as for every other aspect of life: start with the view. The idea is that understanding the foundations of a situation, in this case the human condition, helps us to make better choices going forward. All human beings wish to be happy and free from suffering. The Buddhist approach is to contemplate the nature of happiness and suffering themselves as the means to navigate toward a more joyful existence and the elimination of suffering. Here suffering is distinguished from pain as the misery that comes from being habitually unable to appreciate things as they are. Economic life is often regarded as a necessary evil to support true spirituality or material comfort, but that is a shame because seeing the economic aspect of life as a spiritual path has great potential to help us cheer up. Economic setbacks can even be opportune for contemplating the nature of economic life and wealth itself. It's much easier to overlook the subtleties of our experience when times are good, and taming the mind in the face of uncertainty has profound benefits for oneself and others. This book is based on a series of five public talks given at the Hope Lutheran Church in Nanaimo, B.C. beginning in the autumn of 2008; and one open house talk at the Victoria Shambhala Centre in July 2012. The introductory talk in the Nanaimo series went unrecorded, so the Victoria talk is included to take its place. All of these were offered as public talks without prerequisites; as such, each one starts with an introduction or review. I hope that you will find this iterative approach clarifying and reinforcing as we comb through the key ideas with different examples again and again. Buddhist teachings are sometimes divided into the stages of view, practice, and action. View is the most fundamental of these because the other stages depend on it. This book provides an introduction to meditation as the highest best vehicle to establish a wealthy outlook, which is the first step and the fruition of genuine prosperity.