



# You Don't Have to Sit on the Floor: Making Buddhism Part of Your Everyday Life

*Jim Pym*

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## **You Don't Have to Sit on the Floor: Making Buddhism Part of Your Everyday Life** Jim Pym

This is a Buddhism book for the rest of us. Jim Pym explains how to make Buddhism part of daily life while being true to one's own customs and beliefs. He points out that Buddha never asked people to accept anything simply because it was religious doctrine. Brought up as a Christian, he draws on his own experiences to show how opening the way for East to meet West enriches spirituality. An active member of a Buddhist-Christian dialogue group for over ten years, Pym firmly believes there is one thing better than being either a Buddhist or a Christian — being both.

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