

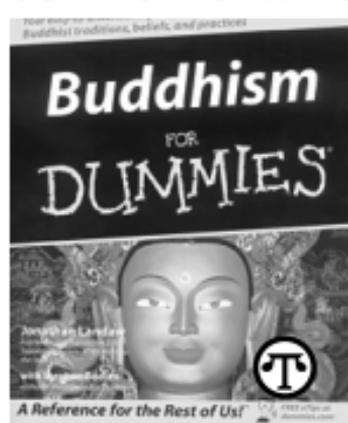


BOOK REVIEW

Mind Over Matter or Destiny?

(NAPSA)—Whether you believe that life is a matter of “mind over matter” or a person’s destiny is “in the cards,” two books from a popular series may prove quite illuminating.

Happiness, Buddha once said, is actually quite simple. The secret is to want what you have and not



want what you don’t have. Although this may not be as easy as it sounds, a new book, *Buddhism For Dummies* by Jonathan Landaw

and Stephan Bodian (\$21.99, Wiley), can make it easier for readers to understand the teachings of Buddha and Buddhism’s practical yet eloquent precepts.

Landaw was a translation editor for His Holiness the Dalai Lama and Bodian is a Zen teacher and author of *Meditation For Dummies*.

Is there Tarot card reading in your future? To decide if the Tarot is a tool you may want to know better, you may first want to read *Tarot For Dummies* (\$21.99, Wiley) by



Amber Jayanti. Her Tarot guide offers practical suggestions on how to do a reading, plus inside information on this symbolic system which

has helped put many people in touch with their intuition and emotions.

Jayanti is founder of the Santa Cruz School for Tarot & Qabalah Study.