



# Seeking Peace: Chronicles of the Worst Buddhist in the World

*Mary Pipher*

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**Seeking Peace: Chronicles of the Worst Buddhist in the World** Mary Pipher

**"An absorbing chronicle of discovery" (Booklist) from the #1 *New York Times* bestselling author of *Reviving Ophelia* and *The Shelter of Each Other***

Like most lives, Mary Pipher's is filled with glory and tragedy, chaos and clarity, love and abandonment. She spent her childhood in small Midwestern towns, the nurturing daughter of a doctor mother and a restless, jack-of-all-trades father. Later, as a wife, mother, and therapist, she was able to do what she most enjoyed: learn about the world and help others. But after the surprising success of *Reviving Ophelia*, she found herself overwhelmed by the demands on her time and attention. In 2002, Pipher experienced a meltdown. She realized that success and fame were harming her, and she began the long journey to a quieter, more meditative life that would carry her toward self-acceptance and joy.

In *Seeking Peace*, Pipher tells her own remarkable story, and in the process reveals fundamental truths about our individual search for happiness and love. Candid, surprising and moving, *Seeking Peace* offers a map for our own journey toward a more fulfilling, more joyously lived life.

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