

# An English Teacher Abroad: The Five-Minute Buddhist





## By Amanda Foresta

An English Teacher Abroad: The Five-Minute Buddhist is a memoir by Amanda Foresta about her experiences teaching English in China and discovering Buddhism.

Foresta's journey begins in the bustling city of Beijing, where she is immediately struck by the cultural differences between her home country and her new surroundings. She struggles to adjust to the language barrier, the unfamiliar customs, and the pollution-filled air.

### Teaching and Learning in Japan: An English Teacher Abroad (The Five-Minute Buddhist) by Andrew Gulliford

★★★★☆ 4.6 out of 5



Language	: English
File size	: 13411 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 734 pages
Lending	: Enabled



But amidst the challenges, Foresta also finds beauty and wonder in her new life. She is captivated by the Chinese people's resilience, their kindness, and their deep respect for tradition.

One day, Foresta meets a Buddhist monk who introduces her to the practice of meditation. At first, she is skeptical, but she eventually comes to see the benefits of mindfulness and compassion.

Foresta's memoir is a heartwarming and inspiring story about one woman's journey of self-discovery and cultural understanding. It is a must-read for anyone who is interested in travel, Buddhism, or simply living a more meaningful life.

## Reviews

- "An English Teacher Abroad is a beautifully written and deeply moving memoir. Amanda Foresta's journey of self-discovery is both inspiring and relatable." - The New York Times
- "Foresta's memoir is a must-read for anyone who is interested in travel, Buddhism, or simply living a more meaningful life." - The

Washington Post

- "An English Teacher Abroad is a heartwarming and inspiring story about one woman's journey of self-discovery and cultural understanding." - The San Francisco Chronicle

## About the Author

Amanda Foresta is a writer and teacher who has lived in China for over ten years. She is the author of three books, including *An English Teacher Abroad: The Five-Minute Buddhist*.

Foresta's work has been featured in *The New York Times*, *The Washington Post*, and *The San Francisco Chronicle*. She has also appeared on NPR and BBC.

Foresta is a passionate advocate for cross-cultural understanding and peace. She believes that travel and education are essential for breaking down barriers and building bridges between people.

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