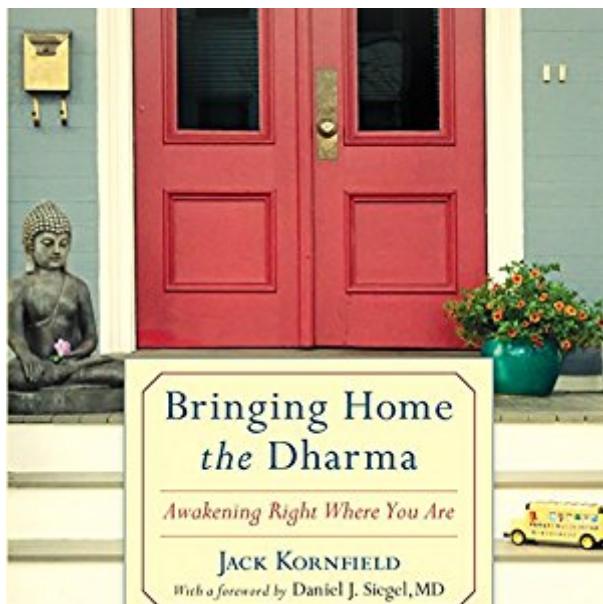


The book was found

Bringing Home The Dharma: Awakening Right Where You Are



Synopsis

If you want to find inner peace and wisdom, you don't need to move to an ashram or monastery. Your life, just as it is, is the perfect place to be. Jack Kornfield, one of America's most respected Buddhist teachers, shares this and other key lessons gleaned from more than 40 years of committed study and practice. Topics include: How to cultivate loving-kindness, compassion, joy, and equanimity Conscious parenting Spirituality and sexuality The way of forgiveness Committing ourselves to healing the suffering in the world Bringing Home the Dharma includes simple meditation practices for awakening our buddha nature - our wise and understanding heart - amid the ups and downs of our ordinary daily lives.

Book Information

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Customer Reviews

I enjoyed this book, as it provided some interesting background on The author's experiences with Buddhism and how it came to the West, however for me Jack's best will always be A Path with Heart, perhaps because it was the first book I read as I began to explore Buddhism.

Great, I love all his books. This one was very clearly organized and he touches on all manner of topics ranging from meditation, to spirituality and sex.

love it

Great book. Lots of duplicate material from Jack's other books. Some of it rewritten and said in a new way. Interesting add for Spiritual Masters book he wrote, I am looking forward to reading that too.

LOVE THIS BOOK! Highly recommend it for anyone interested in this genre. Jack Kornfield will take you to interesting places and help you walk that path.

I read this book because I like this author, having read most of what he has written. I like to be reminded of humanities potential to be spiritually awakened. All you have to do is find the right teachers and be open to their guidance. insightful and thought provoking.

Enjoyable reading the book. I am not finished reading it as there is much to be absorbed and integrated into one's lifestyle. As I read it, I can envision what Jack Kornfield is saying and I begin to think of my own life and what I have achieved. It is not a book that you can breeze through. There is much to absorb.

I gave it five stars because its an amazing guide into the Buddhist teachings and traditions. It's an easy flow of how the dharma is, how it is traditionally practiced and how it is integrated into the American culture; what can arise from practicing the buddhadharma, and a great personal experience from Jack Kornfield.

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