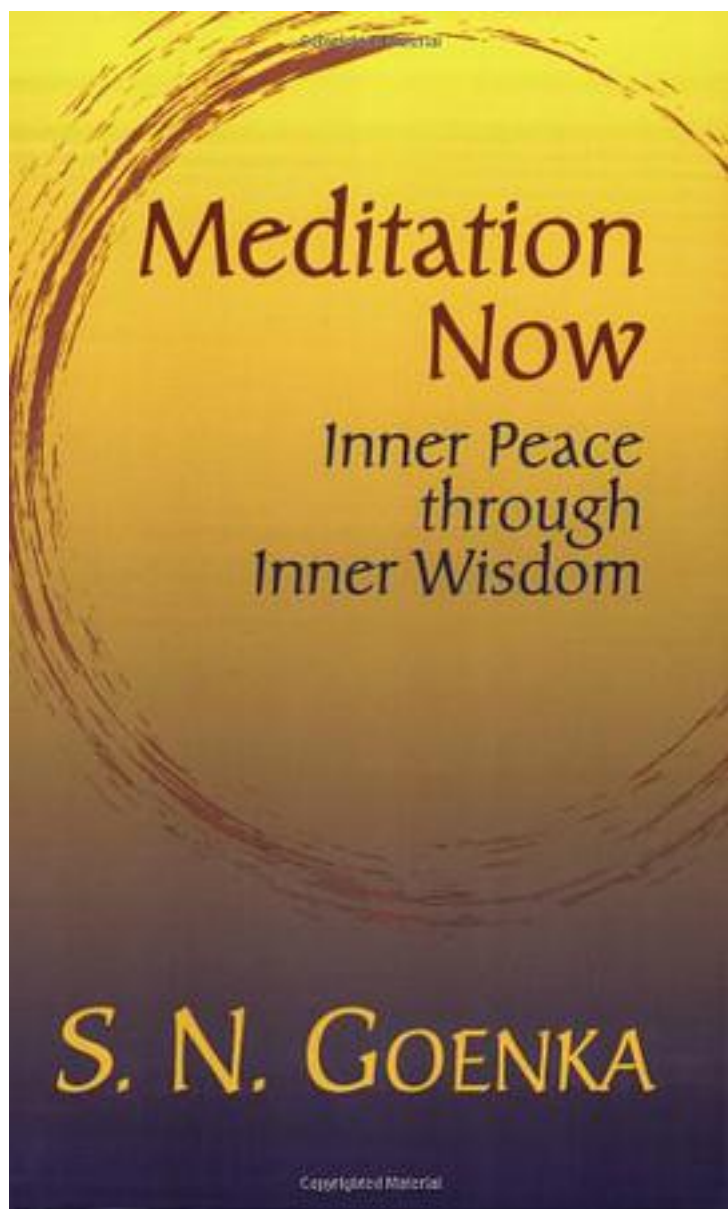


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Celebrated Vipassana meditation teacher S. N. Goenka interprets the Buddha's teachings in this collection of lectures, essays, and interviews. These writings provide insights into how one of the most influential contemporary Buddhist practitioners defines Vipassana and how he uses it to achieve peace of mind and lead a happy, useful life. Included are transcripts of recent talks given at the World Economic Forum in Davos and at the Millennium World Peace Summit, and a previously unpublished interview conducted by Alan AtKisson, former editor of In Context magazine.

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标签

评论

没想到这本书豆瓣上竟然有。看完了，还能说什么呢，字字珠玑，参透一生。

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书评

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