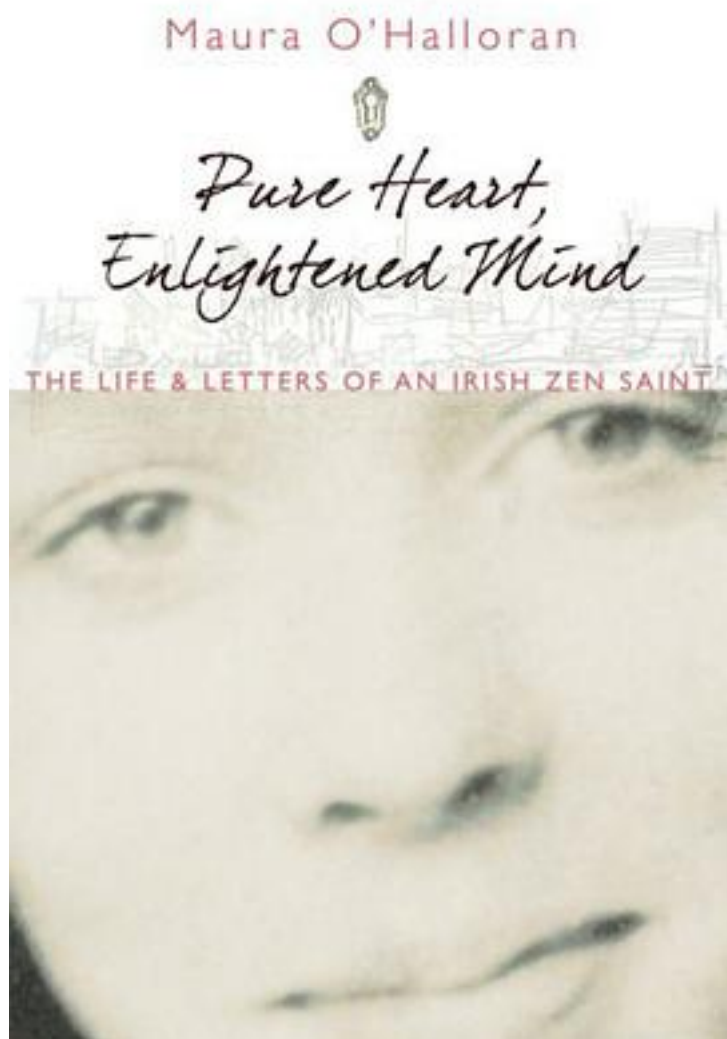


Pure Heart, Enlightened Mind



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著者:O'Halloran, Maura

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At age 24, Maura O’ Halloran traveled to Japan, where she began studying Zen, first in Tokyo and later in the remote northern countryside. Her journey into the depths of her heart and mind is portrayed in this memoir. Journal entries and letters home recounting her quest to become a Zen master reveal Maura’s humor, compassion, wisdom, and above all, her endless commitment to awakening. Insightful and absorbing, Pure Heart, Enlightened Mind remains one of the most beloved dharma books ever published. Maura O'Halloran and her book have inspired popular songs, artists, and countless readers. This new edition will be a must-have for previous fans and is sure to find thousands of new ones.

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