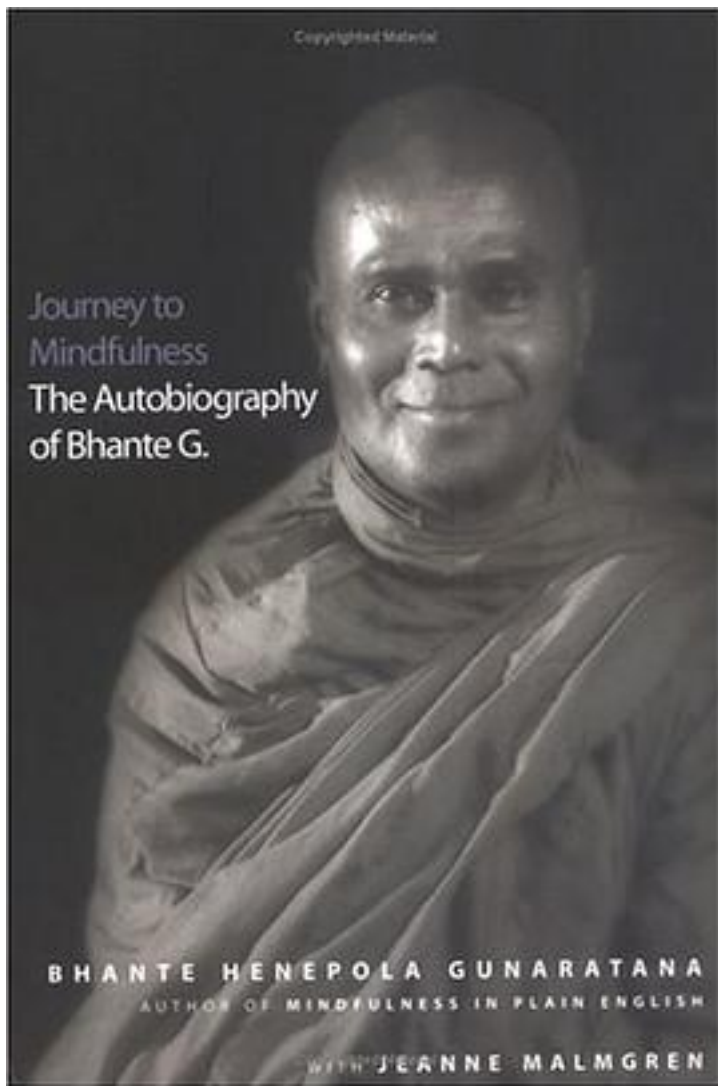


Journey to Mindfulness



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著者:Gunaratana, Henepola/ Malmgren, Jeanne

出版者:Transition Vendor

出版时间:1998-10

装帧:Pap

isbn:9780861713479

From the bestselling author of Mindfulness in Plain English comes this critically-praised autobiography sure to inspire and entertain. Profoundly candid and surprisingly humorous, Bhante G's account of his life unfolds to show us a life devoted to the development of mindfulness and to the role of compassionate teacher and guide.

作者介绍:

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书评

This is the story of Bhante G. ,a Buddhist monk who was born and raised in poverty in Sri Lanka, and through dedication to the teachings of the Buddha became one of the great figures in Buddhism in the United States and the world today. This is an inspira...

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