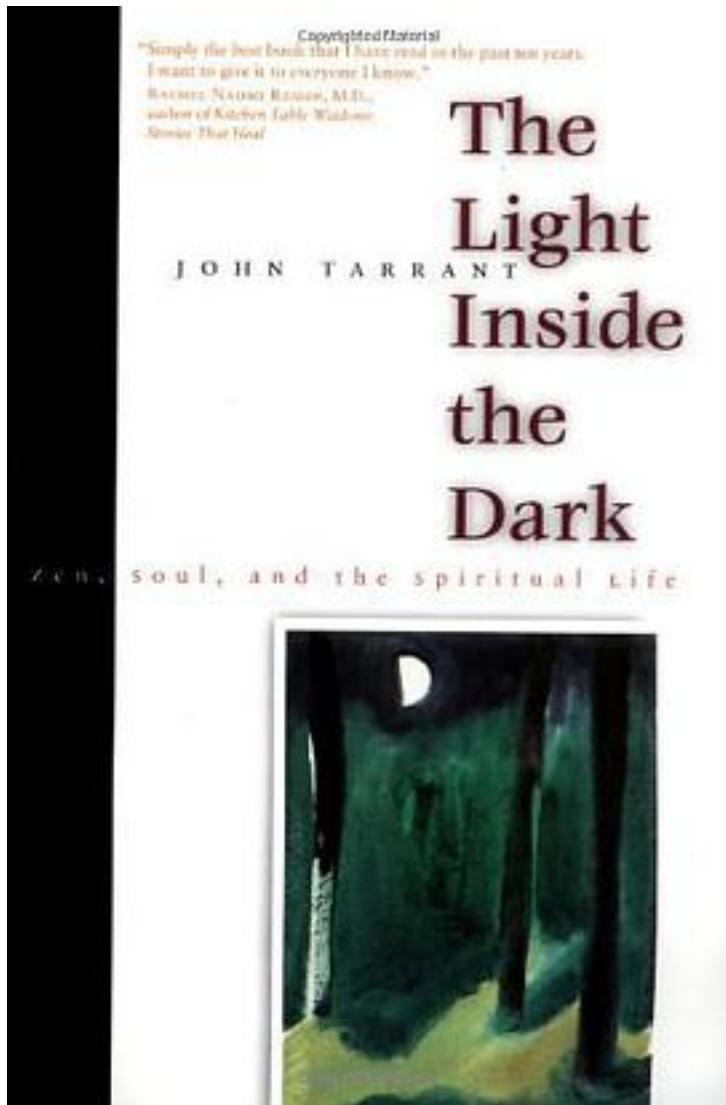


The Light Inside the Dark



[The Light Inside the Dark 下载链接1](#)

著者:Tarrant, John

出版者:Harpercollins

出版时间:1999-12

装帧:Pap

isbn:9780060931117

In this landmark guide to the spiritual journey, respected Zen teacher and psychotherapist John Tarrant brings together ancient Eastern traditions and the Western passion for the soul. Using real-life stories, Zen tales, and Greek myths, *The Light Inside the Dark* shows how our darkest experiences can be the gates to wisdom and joy. Tarrant leads us through the inevitable descents of our journey--from the everyday world of work and family into the treasure cave of the interior life--from which we return with greater love of life's vivid, common gifts. Written with empathy and a poet's skill, *The Light Inside the Dark* is the freshest and most challenging work on the soul to be published in years.

作者介绍:

目录:

[The Light Inside the Dark 下载链接1](#)

标签

评论

[The Light Inside the Dark 下载链接1](#)

书评

[The Light Inside the Dark 下载链接1](#)