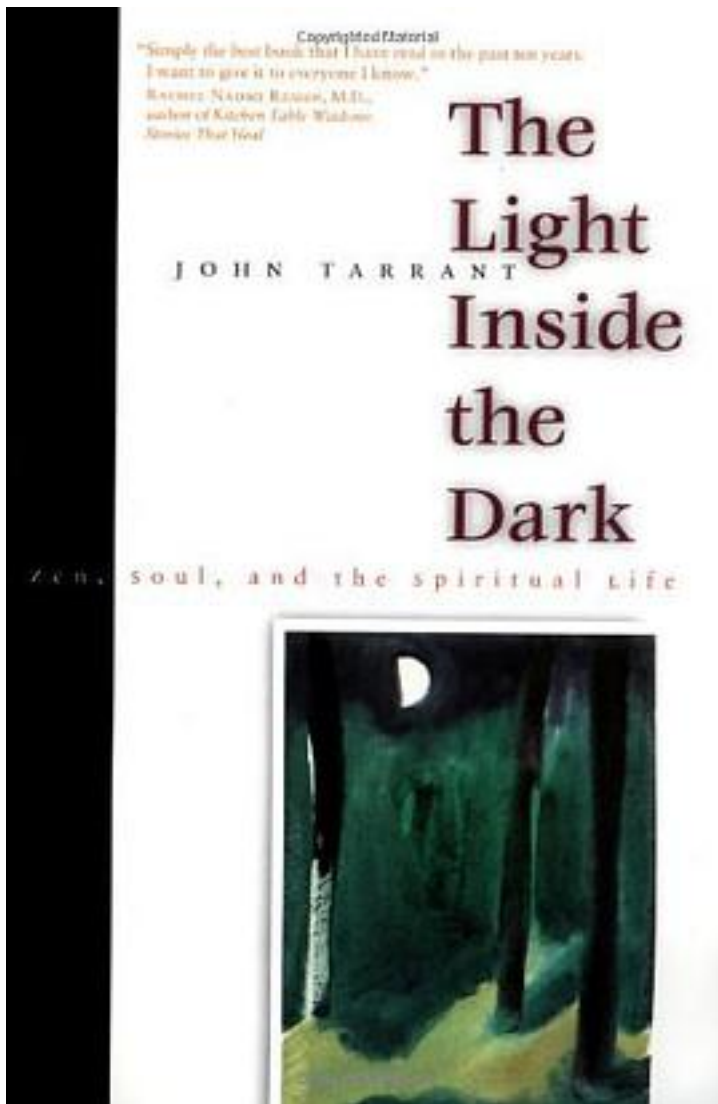


The Light Inside the Dark



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著者:Tarrant, John

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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.

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