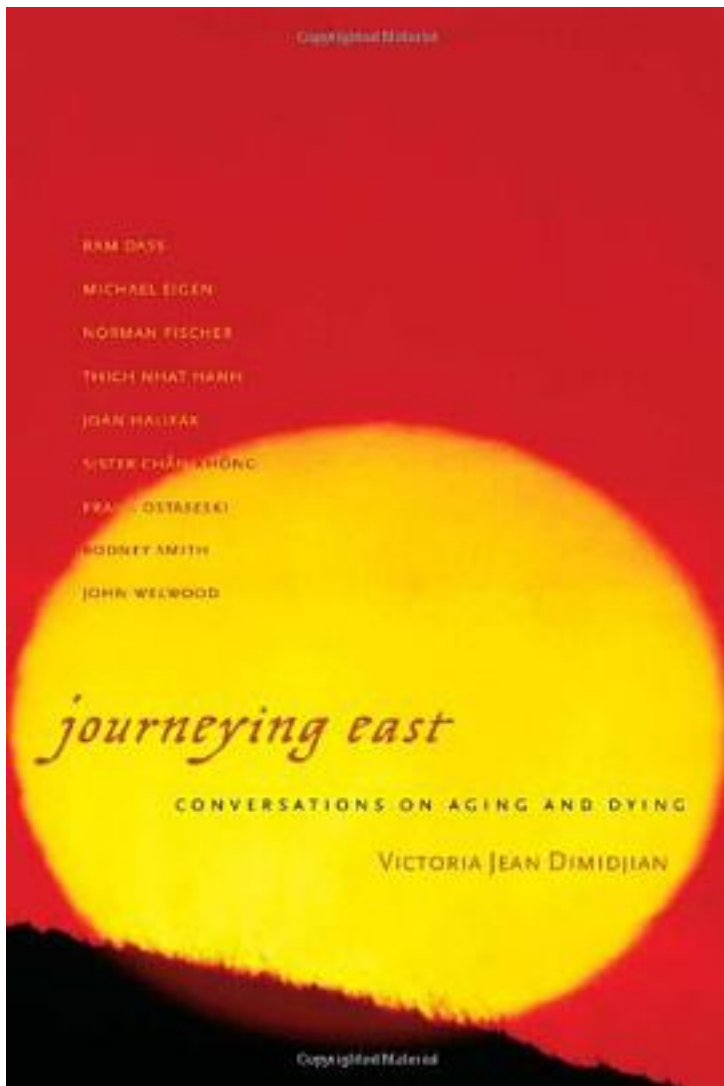


# Journeying East



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Buddhist spiritual leaders discuss aging and dying. Journeying East includes comprehensive and original interviews with Ram Dass, Michael Eigen, Norm Fisher, Thich Nhat Hanh, Joan Halifax , Rodney Smith, and others—each of whom has understood and met the challenges of later life. Their intellectual and spiritual wisdom, leavened with humor, will comfort anyone dealing with the realities of aging and death. Topics include: How can we change our conceptions of aging and dying?; How does a spiritual practice affect aging and dying?; and What true comfort can we offer our loved ones in this process? Nine meditations on aging and death, and a reading list are included.

作者介绍:

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