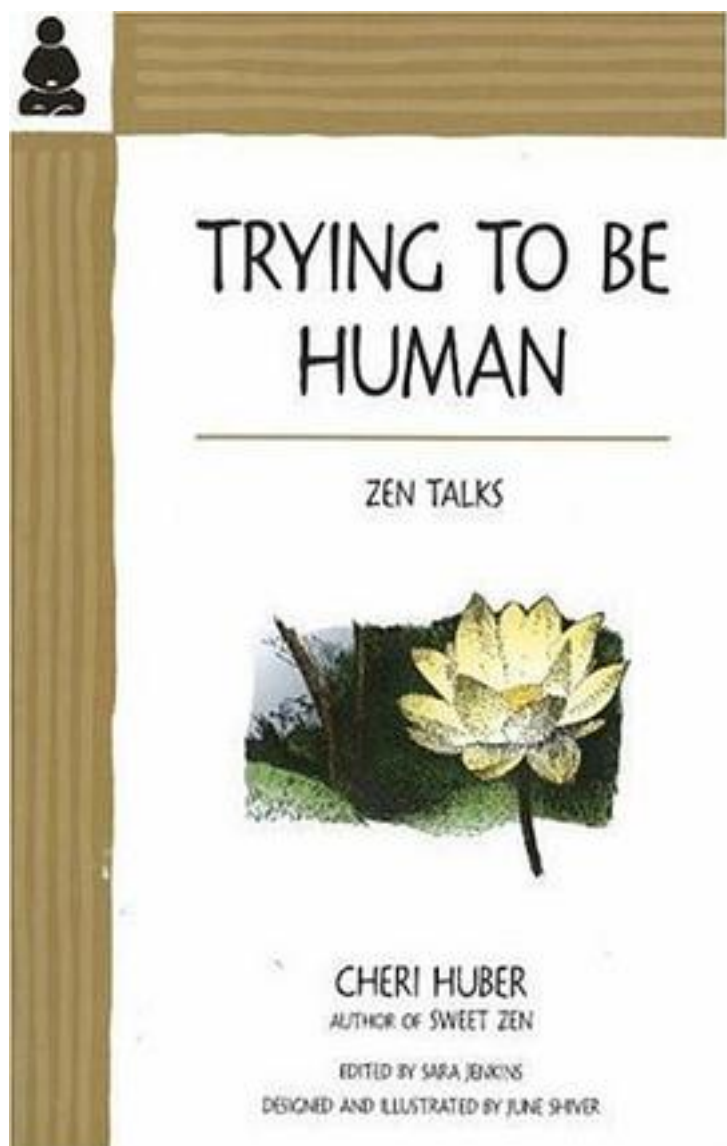


# Trying to be Human



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This funny, engaging guide to the basics of Buddhist meditation presents the idea that people are not human beings trying to be spiritual, but spiritual beings trying to be human. That is, instead of striving toward an ideal image of ourselves, people might aim simply to see more clearly what being human is all about, including what impels striving.

作者介绍:

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