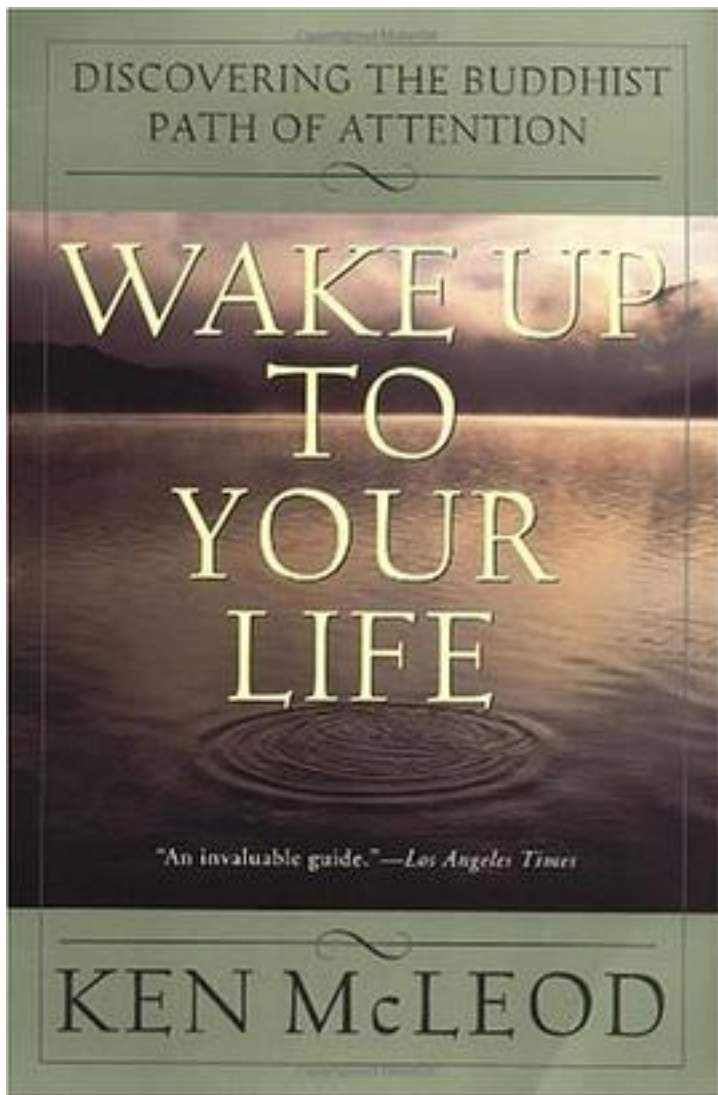


Wake Up To Your Life



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出版者:HarperOne

出版时间:2002-04-01

装帧:Paperback

isbn:9780062516817

The key to becoming fully alive and joyful is to develop our natural capacity for attention and to be fully present here and now. In this informative guidebook to practical Buddhism you discover: How to live life with equanimity, loving-kindness, compassion, and joy How to cut through obsessions with the external world, relationships, harmful emotions, pleasure and power, and self Tried-and-true methods for cultivating active attention with your body and mind.

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