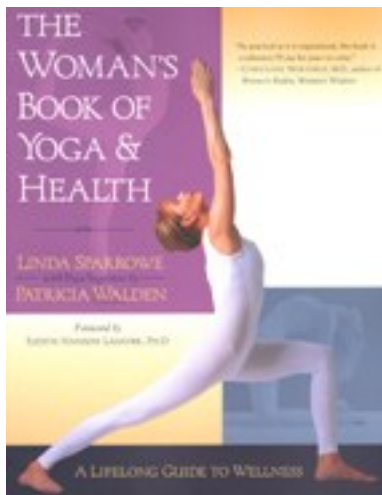


The Woman's Book of Yoga and Health



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In this long-awaited book of inspiring and practical teachings, Buddhist teacher Joan Halifax offers the fruits of her many years of work with dying people. Inspired by traditional Buddhist teachings, her work is a source of wisdom for all those who are charged with a dying person's care, who are facing their own death, or who are wishing to explore and contemplate the transformative power of the dying process.

Halifax offers lessons from dying people and caregivers, as well as guided meditations to help readers contemplate death without fear, develop a commitment to helping others, and transform suffering and resistance into courage. She says, "Why wait until we are actually dying to explore what it may mean to die with awareness?"

A world-renowned pioneer in care of the dying, Joan Halifax founded the Project on Being with Dying, which helps dying people to face death with courage and trains professional and family caregivers in compassionate and ethical end-of-life care.

作者介绍:

目录:

[The Woman's Book of Yoga and Health_ 下载链接1](#)

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