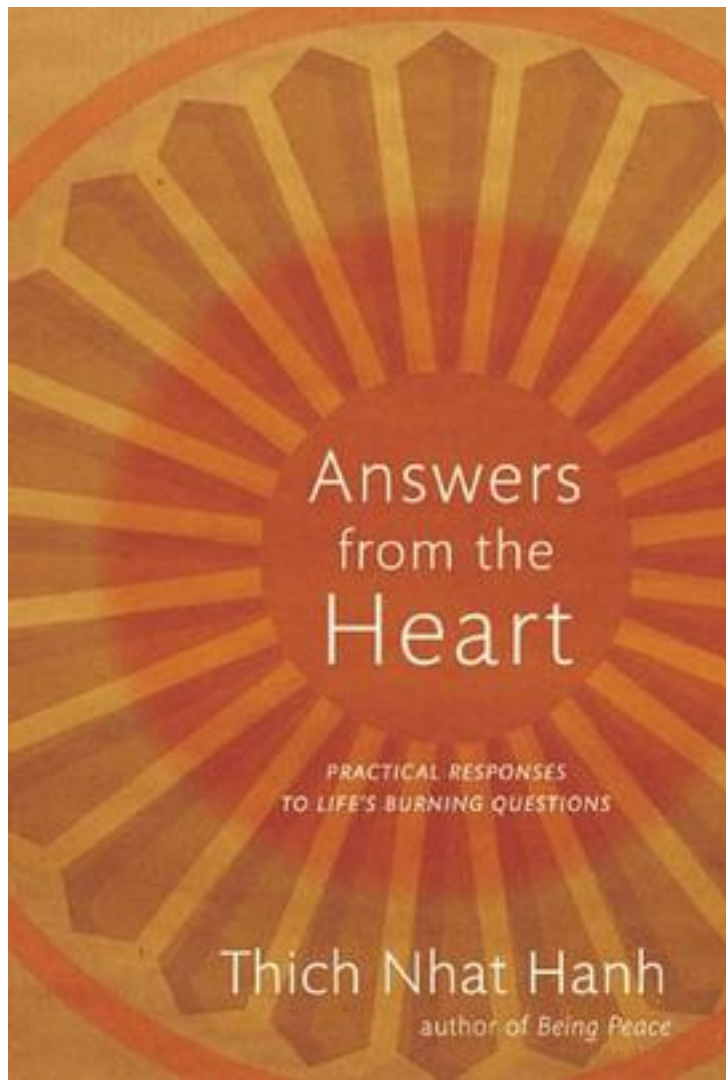


Answers from the Heart



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For many people, one key question prevents them from taking the next step in their personal development, the development of their spiritual practice, or their journey toward self-knowledge. *Answers from the Heart* collects 50 of these important and heartfelt questions posed to Thich Nhat Hanh by his students and participants in his retreats, along with his often surprising answers. The exchanges are divided into six thematic sections — Daily Life, Living and Dying, Engaged Buddhism, Mindfulness Practice, Family and Relationships, and Children's Questions — and combine practical, immediately applicable suggestions with ideas for further study and contemplation. The questions are from all ages and interest groups and provide a lively glimpse into the connection between students and their teacher. Hanh's answers condense 2,500 years of Buddhist wisdom into individual answers that shine with clarity and that summarize his own remarkable insight based on a lifetime of practice.

作者介绍:

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评论

书中好多“你要这么做”但是感觉很难做到……

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