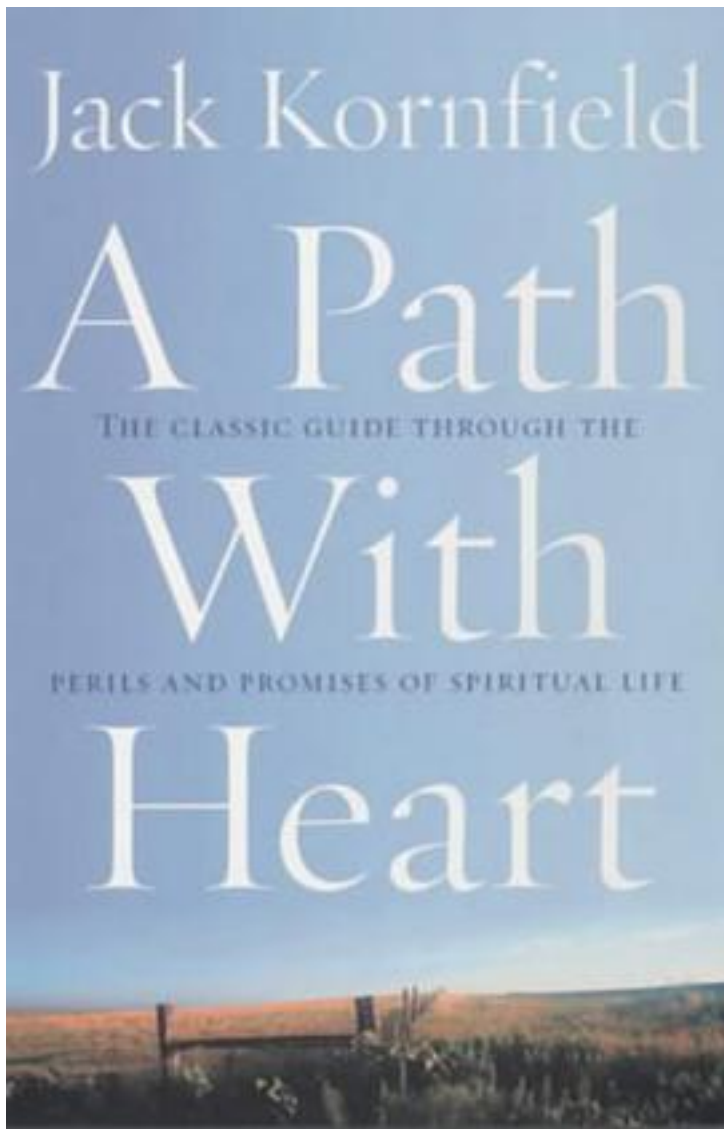


# The Path with Heart



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著者:Jack Kornfield

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Perhaps the most important book yet written on meditation, the process of inner transformation, and the integration of spiritual practice into our Western way of life, A Path With Heart brings alive the possibilities of inner peace, wholeness and the achievement of happiness. Written by a teacher, psychologist and meditation master of international renown, this is a warm, inspiring and, above all, practical book. Its gentle wisdom will guide you through the ups and downs of contemporary living, such as addiction, psychological and emotional healing, problems with relationships and the difficulties of achieving a balanced life of simplicity.

作者介绍:

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