

Choosing to Be



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Choosing to Be centers around a Buddha-wise Maine Coon cat named Poohbear Degoonacon, his kitten muse Catzenbear, and author Kat Tansey as they take us on a journey from the depths of depression to the true freedom of Buddha mind. Tansey has written a magical fable filled with practical information and instruction on Buddhist meditation and how to conquer its five hindrances -- clinging, anger, restlessness, sleepiness, and doubt. This book is a must read for anyone seeking respite from their ordinary mind.

作者介绍:

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