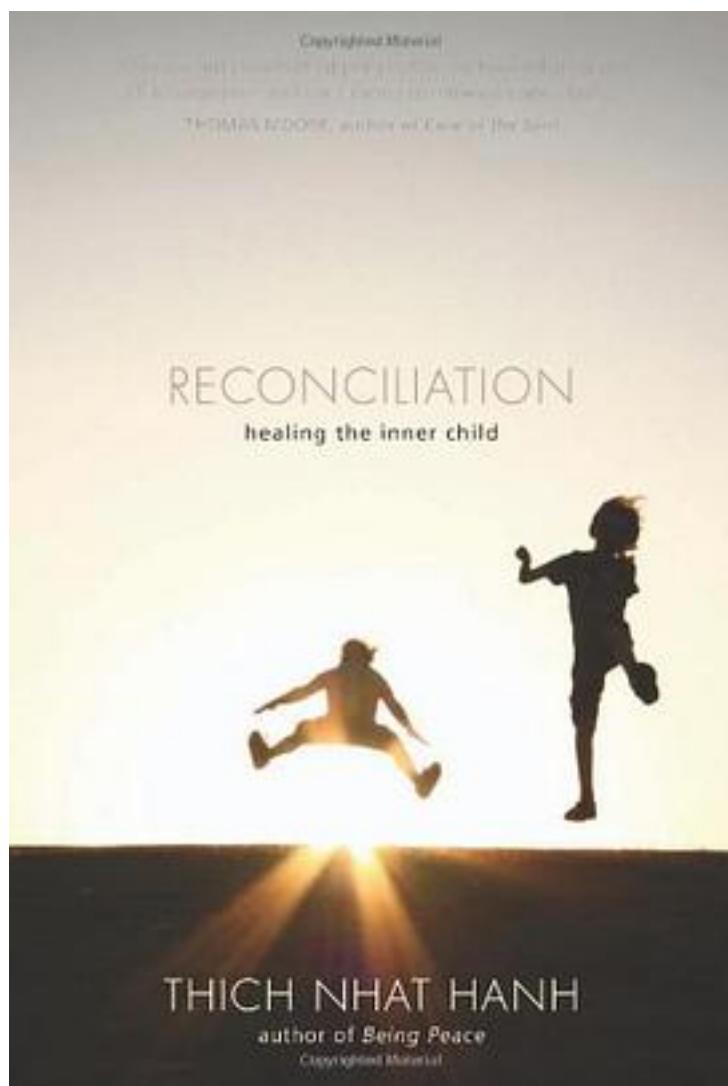


Reconciliation



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An exciting contribution to the growing trend of applying Buddhist practices to encourage wellness and balance mental health. Reconciliation focuses on mindful awareness of our emotions and offers concrete practices to restore damaged relationships through meditations and exercises to help acknowledge and transform the hurt that many of us may have experienced as children. Reconciliation shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

作者介绍:

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Happiness and Peace Is Every Step*. He lives in Plum Village in southwest France, where he gardens, writes, and teaches the art of mindful living.

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标签

佛教

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评论

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书评

所以唯一重要的，就是自己觉得能给自己一个交代。
但从婴儿时期到现在，每一个人受过的桎梏和影响实在太多，有来自家庭的，来自朋友的，来自长辈，来自各种权威，来自路人，来自舆论和公众人物的，来自书籍，来自报刊杂志，来自电视广播，来自网络……世界漂浮动荡，看不到...

一行禅师在新浪的微博我是一支关注着的，所获得的帮助很多，我相信其他也有不少人得到了他的启迪。关于这本书，在朋友推荐之前，我事先是没有太多先入为主的概念的，因为毕竟微博里的文字和书里的文字有着很多形式上的不同。读了之后，果然发觉没错，语句更系统，更详细，可是...

生命里总会有一些缘分适时出现，不仅是人或者事，也包括书籍。我有一套一行禅师的全集，得来的非常奇妙。在前一天刚刚和一位朋友聊天时候，听他说他是如何的钦慕这位了不起的出家人，次日，就有人送了我一套全集。而这次也一样，我刚刚看完克里希那南达的《拥抱你的内在小...

我们从出生离开母体的那一刻便与恐惧相伴，能否生存就靠那一口气，这便是我们原始恐惧的由来。伴随着原始恐惧而来的，就是原始欲望，即使我们长大成人，他们依然存

在。
一行禅师，向我们娓娓道来应该如何与恐惧、痛苦共处，正念的呼吸，来觉知我们每个人内在小...

能够读到这本书确实是很幸运，最近很多负能量，便去书店逛逛，想找一本能治愈自己负能量的书。幸运的是自己找到了。
坐在书店了读了一晚上，神奇的是一个顽皮的小朋友一直在旁边吵闹，而我竟然抑制住了自己的愤怒，开始理解了那个孩子，而我若严厉的批评只会让孩子觉得，呀这是...

今天逛当当网时看到一本书，找来浏览了一下，隐隐有得：遇到伤害时，要自我修行。笔记如下：第一，明白正念和愤怒都是我们自己。第二，要拥抱内心的苦。第三，修习五念（下图二）。第四，升起慈悲心，成为身体、情绪、思想及认知的朋友。第五，得到智慧，修习无量心、慈心禅（...

一行禅师是当今世界上最有影响力的禅宗僧人，生于越南。
一生传播贴近普通人的“生活佛法”，传递正念生活之道，
同时宣扬非暴力的和平理念。获得诺贝尔和平奖的提名。
你是否已淡忘了童年的经历？但那些记忆会深藏于你的潜意识中，
在潜移默化中影响你的一生。 内在小孩...

第一次听到“内在小孩”这个概念是在修蓝博士的《内在小孩》以及零极限系列书籍当中，说得不是很详细，虽然我接受这个说法，但总想找机会了解更多，偶然下看到一行禅师的这本书，也是关于内在小孩的，自然而然地就阅读起来了。总体来讲，这本书关于“内在小孩”的解释比较详情...

这是我佛学主题阅读的最后一本，战线拉得够长啊，年初读到年末了快。不过还算是如期完成，择日再写主题阅读笔记！

看了这本书之后，对佛又有了一些新的了悟，虽然我自知现在悟不到那么高的境界，但是我尽量，尽可能的让自己受些佛光照拂，感悟我佛的慈悲为怀！佛教心理学将心...

“与自己和解”，这个名字就足以吸引我，原来内心深处还有那么那么多与自己解不开的结，原来自己需要治愈的地方还有很多很多。
这本书一步一步地鼓励让你敢于鼓起勇气去真正的面对自己的内心。只有真正面对了，才能了知，了知了才能去谈治愈。甚至在你真正面对之前，都还需要做...

一行禅师以佛法的角度探讨内在小孩的问题，为现代社会的人群带去疗愈内心创伤的解药。内在小孩，我曾以为是内心某个心灵深处不可能触及的灵魂，但看完这本书，我知道是我错了。
内在小孩是童年的一段记忆。心理学上有各种关于内在小孩的解释，童年的记忆就是其中一种。我们在...

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