

The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology

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✓ Verified Book of The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology

Summary:

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You have within you unlimited capacities for love, for joy, for communion with life, and for unshakable freedom—and here is how to awaken them. In *The Wise Heart*, one of the leading spiritual teachers of our time offers the most accessible and illuminating guide to Buddhism's transformational psychology ever published in the West.

Trained as a monk in Thailand, Burma, and India, Jack Kornfield experienced at first hand the life-changing power of Buddhist teachings: the emphasis on the nobility and sacredness of the human spirit, the fine-grained analysis of emotion and thought, the precise techniques for healing, training, and transforming the mind and heart. In contrast to the medical orientation of most Western psychology and psychiatry, here is a vision of radiant human dignity, and a practical path for realizing it in our own lives.

The Wise Heart is the fruit of a lifetime's work that includes such classics as *A Path with Heart* and *After the Ecstasy, the Laundry*. Filled with stories from Kornfield's Buddhist psychotherapy practice and portraits of remarkable teachers, it also includes a moving account of his own recovery from a violence-filled childhood. For meditators and mental health professionals, Buddhists and non-Buddhists alike, *The Wise Heart* offers an extraordinary journey from the roots of consciousness to the highest expression of human possibility.

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