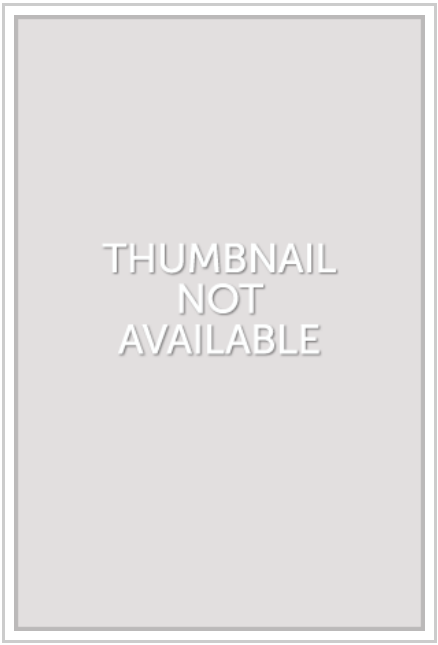

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A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives

By Thupten Jinpa

BRILLIANCE AUDIO, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. The Buddhist practice of mindfulness caught on in the west when we began to understand the everyday, personal benefits it brought us. Now, in this extraordinary book, the highly acclaimed thought leader and longtime English translator of His Holiness the Dalai Lama shows us that compassion can bring us even more. Based on the landmark course in compassion training Jinpa helped create at Stanford Medical School, A Fearless Heart shows us that we actually fear compassion. We worry that if we are too compassionate with others we will be taken advantage of, and if we are too compassionate with ourselves we will turn into slackers. Using science, insights from both classical Buddhist and western psychology, and stories both from others and from his own extraordinary life, Jinpa shows us how to train our compassion muscle to relieve stress, fight depression, improve our health, achieve our goals, and change our world. Practical, spiritual, and immediately relevant, A Fearless Heart will speak to listeners of The Art of Happiness and Wherever You Go, There You Are.

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