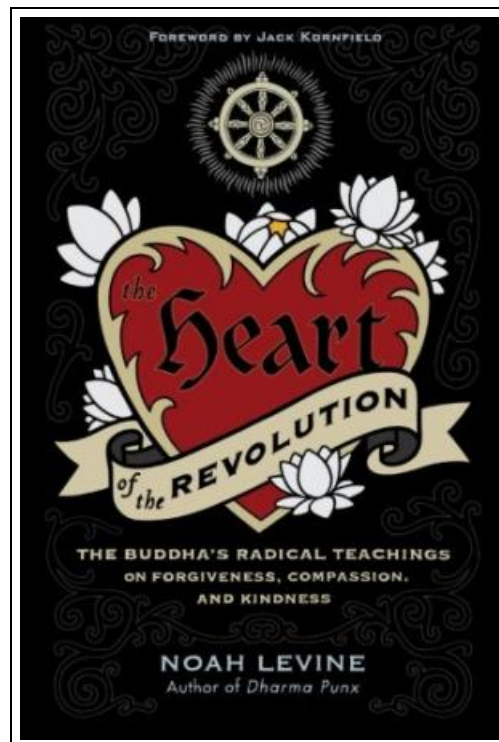


The Heart of the Revolution: The Buddhas Radical Teachings on Forgiveness, Compassion, and Kindness



Filesize: 9.43 MB

Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

(Ms. Christy Ondricka DDS)

THE HEART OF THE REVOLUTION: THE BUDDHAS RADICAL TEACHINGS ON FORGIVENESS, COMPASSION, AND KINDNESS



HarperOne. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.0in. x 5.3in. x 0.8in. The Buddhas teachings are not a philosophy or a religion; they are a call to action and invitation to revolution. Noah Levine, author of the national bestseller *Dharma Punx* and *Against the Stream*, is the leader of the youth movement for a new American Buddhism. In *Heart of the Revolution*, he offers a set of reflections, tools, and teachings to help readers unlock their own sense of empathy and compassion. Lama Surya Das, author of *Awakening the Buddha Within*, declares Levine to be in the fore among Young Buddhas of America, a rebel with both a good cause and the noble heart and spiritual awareness to prove it, saying, I highly recommend this book to those who want to join us on this joyful path of mindfulness and awakening. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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