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The New Heart of Wisdom: Profound Teachings from Buddha's Heart (5th substantially revised ed)

By Kelsang Gyatso

Tharpa Publications. Paperback. Book Condition: new. BRAND NEW, The New Heart of Wisdom: Profound Teachings from Buddha's Heart (5th substantially revised ed), Kelsang Gyatso, Understanding the relationship between our mind and our world A special method for overcoming difficulties in daily life Removing obstacles to realizing our full potential This completely new presentation by the author of Modern Buddhism offers truly liberating insights and advice for the contemporary reader. It reveals the profound meaning of the very heart of Buddha's teachings - the Perfection of Wisdom Sutras. The author shows how all our problems and suffering come from our ignorance of the ultimate nature of things, and how we can abandon this ignorance and come to enjoy pure, lasting happiness through a special wisdom associated with compassion for all living beings.



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