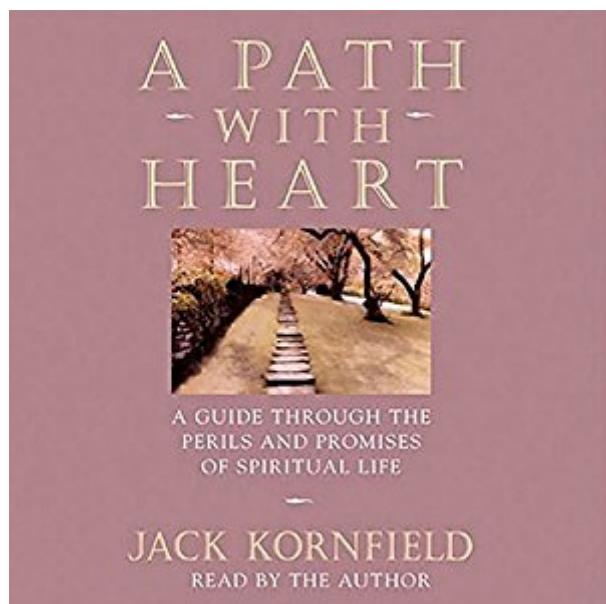


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# A Path With Heart: A Guide Through The Perils And Promises Of Spiritual Life



## Synopsis

Jack Kornfield's *A Path with Heart* has been acclaimed as the most significant book yet about American Buddhism—â a definitive guide to the practice of traditional mindfulness in America today. On this audio edition, Kornfield teaches the key principles of Buddhism's cherished *vipassana* (insight) tradition, and puts them into direct service, with the unique needs of the contemporary seeker in mind. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

Listening Length: 3 hoursÂ andÂ 18 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Sounds True

Audible.com Release Date: November 2, 2005

Language: English

ASIN: B000BYR530

Best Sellers Rank: #42 inÂ Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #51 inÂ Books > Religion & Spirituality > Worship & Devotion > Meditations #100 inÂ Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

## Customer Reviews

On Instagram there was an image of a large tree with the caption, "The trouble with you is that you think you have time." The quote was attributed to Jack Kornfield. It haunted me for a couple of days. Then I came back to search for the source, which turned out to be this book. I read it in a couple more days, and I found it thought provoking. I am a Christian, and have never read a Buddhist book before. I found it non-threatening and insightful. It's a fallacy, of course, to think I'll have plenty of time to do whatever it is that I am even now putting off. This book helps me recommit to a path with heart. I recommend it.

This is an excellent book for finding personal peace. Contains much information about meditation and has actual meditation instructions also. You will not regret reading it, or following the meditation scripts. The author covers modern issues, as well as more traditional ones. It is a gentle guidebook for living a more peaceful life.

I think any Western Buddhist would find this book extremely useful. Jack Kornfield is one of the major figures in the growth of Buddhism in the West. He translates some of the problems students have with the concepts into clear and readable prose. The book also contains meditation topics and advice on dealing with the kinds of emotional and social issues Western Buddhist students confront. I gave it to a non-Buddhist Christian friend and she also loves it.

This was one of the 1st books my "Buddhist Reading" group discussed. Many of my more experience peers loved it and are active in meditation practice; I probably need more exposure to the topic in order to gain their level of appreciation. That said, Mr. Kornfield offers many and varied observations, all of which are well-written and follows each with a meditation practice.

Not being a Buddhist I was not too interested in the world-view espoused. Also his recommended exercises were not for me. However, it does a great job in describing the benefits of "mindfulness" - something that many traditions recommend.

Excellent as always Jack Kornfield is dimensional in thought and experience. A Path With a Heart provides food for thought in world quickly falling apart.

Great shipping, love Jack Kornfield

good book

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