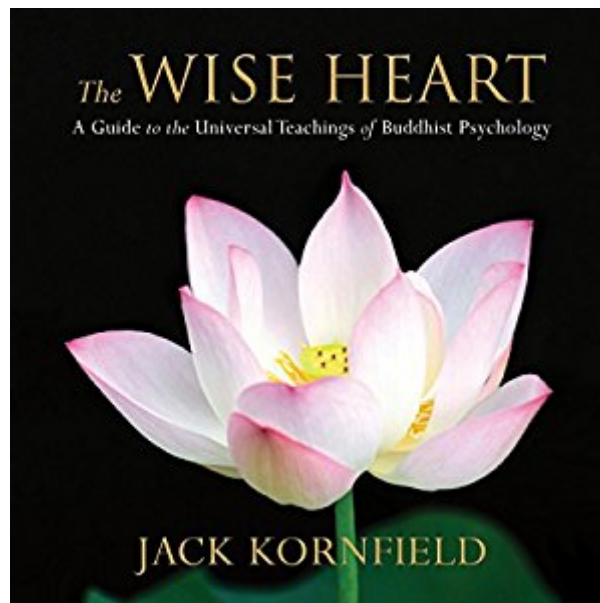




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# **The Wise Heart: A Guide To The Universal Teachings Of Buddhist Psychology**



## Synopsis

You have within you an unlimited capacity for extraordinary love, for joy, for communion with life, and for unshakable freedom - and here is how to awaken it. In *The Wise Heart*, celebrated author and psychologist Jack Kornfield offers an accessible, comprehensive, and illuminating guide to the universal teachings of Buddhist psychology. He shows you how to use powerful Buddhist insights and practices to go beyond the trap of self-improvement - and find in your own life the path to unconditional fulfillment and happiness discovered by the Buddha.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sounds True

Audible.com Release Date: April 7, 2015

Language: English

ASIN: B00VS0V5Z0

Best Sellers Rank: #24 in Books > Religion & Spirituality > Religious Studies > Psychology  
#46 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions  
#53 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

## Customer Reviews

A must read for those interested in Buddhist Psychology. Kornfield's stories are great and I love the deeper messages. Each of the headline Buddhist philosophies are very powerful. His family of origin issues combined with many years of experience in Buddhism and American Psychology provides a unique and valuable perspective! Thank you Jack Kornfield for your service!!

Jack has a way of making profound truths understandable to the American reader. The three sources of suffering are ignorance, greed, and ill-will. Is it any wonder there are a lot of unhappy people in our country these days?

Very detailed, and probably for those in the psychology field, but as a beginner, this book is so well written, I am taking my time with it and plan on referring to it as often as I need to.

I enjoyed the book, however, I think Mr. Kornfield should refrain from giving his political opinions. I want to read about meditation practices not about the author's political views.

Jack Kornfield strikes gold and right at the heart of compassionate living. One doesn't have to meditate or be a Buddhist to glean many beautiful insights from this lovingly-written material.

The book was easy to read and understand. I felt compelled to try all of the practices offered, and found them to be effective in my daily dealings. To choose which to practice each day is a challenge, but I have felt a shift in my heart and have recommended it already. This will not merely be a reference book for me, but a book I will read over and over again.

I keep this book by my bedside; it's easy to read a few pages at a time, I enjoy picking it up right before bed for a bit of inspiration. I also bought this book for my mom (who is not an avid reader) she's been enjoying the stories as well. Recommended for anyone who wants to live a mindful life.

Everything by Jack Kornfield deserves 5 stars! I have listened to many and keep returning to him. His soft voice and easy going manner of talking just draws you in and relaxes you while you are learning.. Plus of course, he knows what he talks about. His experiences and background speak for themselves. I have recommended his books and cd's to many friends.

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