Download PDF

BE AN ISLAND: THE BUDDHIST PRACTICE OF INNER PEACE (PAPERBACK)



Wisdom Publications, U.S., United States, 1999. Paperback. Condition: New. Language: English. Brand New Book. From the best-selling author of Being Nobody, Going Nowhere, Ayya Khema's Be an Island guides us along the path of Buddhist meditation with direct and practical advice, giving us contemplative tools to develop a healthy sense of personal being. Be an Island is at once an introduction to the teachings of Buddhism and a rich continuation of Ayya Khema's personal vision of Buddhist practice.

Read PDF Be an Island: The Buddhist Practice of Inner Peace (Paperback)

- Authored by Ayya Kheme
- Released at 1999



Filesize: 9.42 MB

Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

-- Troy Dietrich DDS

The publication is straightforward in study safer to recognize. It is writter in straightforward words and never hard to understand. Its been printed in an extremely straightforward way and it is just after i finished reading this book through which basically modified me, affect the way i think.

-- Percy Bernhard

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- Sterling Kris