



## Solid Ground (Paperback)

By Sylvia Boorstein

Parallax Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. Solid Ground: Buddhist Wisdom for Difficult Times is a lively and topical book that offers guidance on how to respond to the individual crises that inevitably arise in all of our lives as well as to the political, economic, and social challenges society is currently facing. The issue of difficulty in life is at the very essence of Buddhism. The first noble truth could certainly be translated as life is full of difficulties. And the remaining noble truths could be seen as Buddhism's analysis of our difficulties and of a path to working with them. Celebrated Buddhist teachers Sylvia Boorstein, Zoketsu Norman Fisher, and Tsoknyi Rinpoche use their diverse wisdom to address the immediate and practical concerns in our lives and to explore the most basic and profound questions of Buddhism: the difficulty of life in general and how we can work with that and ameliorate it. Filled with humor and personal stories, Solid Ground offers specific teachings for concrete situations as well as a way to explore the larger questions of finding equanimity in difficult times.



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### Reviews

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