

Buddhist Teachings: the Art of Letting Go, Inspired by the Talks of Ajahn Brahm (Paperback)

By Lorenzo Da Costa

Lulu.com, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book
***** Print on Demand *****.Buddhist teachings inspired by the talks of Ajahn Brahm and the art of
letting go. Lorenzo da Costa shares his personal journey and insights into Buddhism. Learning to let
go sits at the heart of day to day Buddhist practice. It is essential in dealing with the difficulties and
troubles of everyday life using the principles of Buddhist psychology. In the format of vignettes and
reflections the how to do it is discussed. The material is inspired by Ajahn Brahm s internet talks.
Ajahn Brahm is one of the world s best known Buddhist teachers. The second part of the book
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Reviews

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