



Faith: Trusting Your Own Deepest Experience

By Sharon Salzberg

Penguin Publishing Group, 2003. Paperback. Book Condition: New. Reissue. 198 x 130 mm. Language: English . Brand New Book. In this beautifully written work, one of America's most beloved meditation teachers offers discerning wisdom on understanding faith as a healing quality. Through the teachings of Buddha and insight gained from her lifelong spiritual quest, Salzberg provides us with a road map for cultivating a feeling of peace that can be practiced by anyone of any tradition.



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