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A FEARLESS HEART: WHY COMPASSION IS THE KEY TO GREATER WELLBEING



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, A Fearless Heart: Why Compassion is the Key to Greater Wellbeing, Thupten Jinpa, In 1979 Jon Kabat-Zinn popularised the Buddhist practice of mindfulness when he revealed that it could alleviate depression. Now the highly acclaimed thought leader and English translator for His Holiness the Dalai Lama, Thupten Jinpa Langri (known as Jinpa) teaches us to take the next step. He shows us that compassion correlates strongly with happiness, stress reduction,...

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- Authored by Thupten Jinpa
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