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## Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering

By Phillip Moffitt

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering, Phillip Moffitt, Why do we suffer? Is there a purpose to our pain? Noting that human beings have wrestled with such questions for thousands of years, Phillip Moffitt has found answers for his own life in Buddhist philosophy and meditation. Reflecting on his own journey from "Esquire" magazine editor-in-chief to Buddhist meditation teacher, Moffitt provides a fresh perspective on the Buddha's ancient wisdom, showing how to move from suffering to new awareness and unanticipated joy. In this deeply spiritual book that is sure to become a Buddhist classic, Moffitt explores the twelve insights that underlie the Buddha's core teaching - the Four Noble Truths - and uses these often neglected ideas to guide readers to a more meaningful relationship to suffering. Moffitt writes: "These twelve insights teach you to dance with both the joy and pain, finding peace in a balanced mind and calm spirit. As the most specific, practical life instructions I have ever encountered, they serve as an invaluable tool for anyone who seeks a life filled with meaning and well-being". Practicing these twelve insights,...



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