



Bringing Home the Dharma: Awakening Right Where You Are

Jack Kornfield

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If you want to find inner peace and wisdom, you don't need to move to an ashram or monastery. Your life, just as it is, is the perfect place to be. Jack Kornfield, one of America's most respected Buddhist teachers, shares this and other key lessons gleaned from more than forty years of committed study and practice.

Topics include:

- How to cultivate loving-kindness, compassion, joy, and equanimity
- Conscious parenting
- Spirituality and sexuality
- The way of forgiveness
- Committing ourselves to healing the suffering in the world

Bringing Home the Dharma includes simple meditation practices for awakening our buddha nature—our wise and understanding heart—amid the ups and downs of our ordinary daily lives.

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