



Into the Heart of Life

Jetsunma Tenzin Palmo

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One of the most respected Western figures of contemporary Buddhism offers insights gleaned from more than forty years of Buddhist practice. With her vast perspective she presents a well-grounded understanding of how the timeless Buddhist teachings apply to the demands and challenges of modern life. A wide range of topics are covered in this pragmatic presentation offering down-to-earth advice on how to enhance the quality of our lives.

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