



## Solid Ground: Buddhist Wisdom for Difficult Times (Paperback)

By Sylvia Boorstein, Norman Fischer, Tsoknyi Rinpoche

Parallax Press, United States, 2011. Paperback. Book Condition: New. 183 x 124 mm. Language: English . Brand New Book. In this lively and personal book, three acclaimed Buddhist teachers from different traditions come together to offer unorthodox wisdom for living well through difficult times. Sylvia Boorstein, Zoketsu Norman Fischer, and Tsoknyi Rinpoche draw on their own experiences with suffering, as well as their many years of practice, to illustrate how we can find serenity and compassion in even the most stressful situations. Solid Ground offers humor, insight, and practical advice as well as five guided meditations for soothing our thoughts and increasing our capacity for equanimity and joy.



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