



Buddha's Little Instruction Book

By Jack Kornfield

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Buddha's Little Instruction Book By Jack Kornfield

Just as the serene beauty of the lotus blossom grows out of muddy water, Buddha's simple instructions have helped people to find wholeness and peace amid life's crisis and distractions for more than 2,500 years. For this small handbook, a well-known American Buddhist teacher and psychologist has distilled and adapted an ancient teaching for the needs of contemporary life. Its practical reminders and six meditations can infuse smallest everyday action with insight and joy.

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Editorial Review

From the Inside Flap

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About the Author

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught meditation worldwide since 1974. He is one of the key teachers to introduce Theravada Buddhist practice to the West. For many years his work has been focused on integrating and bringing alive the great Eastern spiritual teachings in an accessible way for Western students and Western society. Jack also holds a Ph.D. in clinical psychology. He is a husband, father, psychotherapist, and founding teacher of the Insight Meditation Society and the Spirit Rock Center. His books include *A Path with Heart*, *Seeking the Heart of Wisdom*, *A Still Forest Pool*, and *Stories of the Spirit*, *Stories of the Heart*.

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