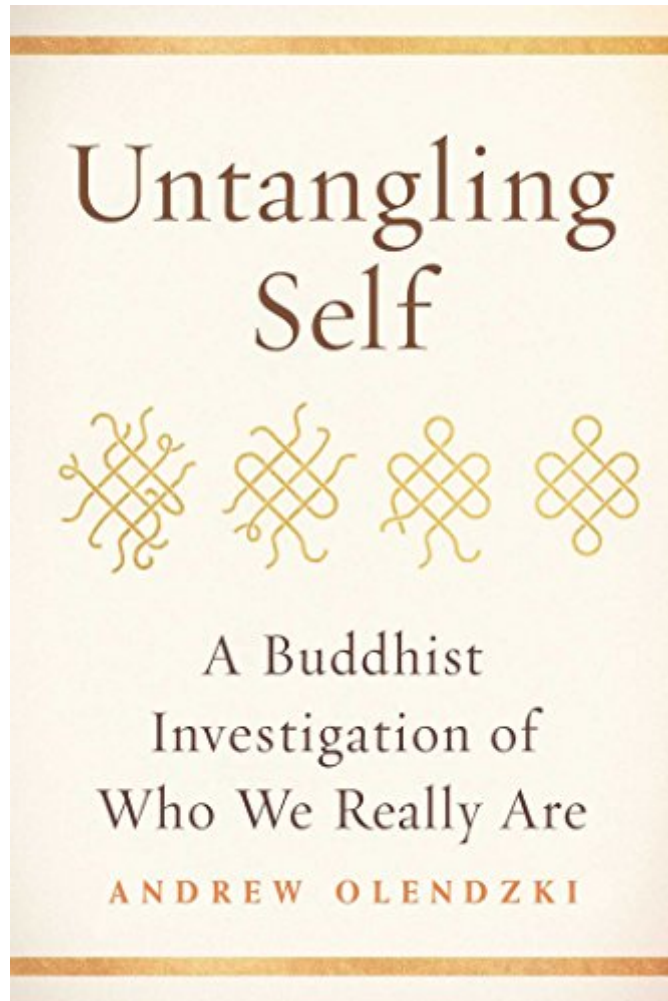


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Untangling Self: A Buddhist Investigation Of Who We Really Are



Synopsis

Untangling Self invites us to see nonself, interdependence, and mindfulness as rational, real-world solutions to the human condition of suffering. In psychologically rich essays that equally probe traditional Buddhist thought and contemporary issues, Andrew Olendzki helps us to reconcile ancient Buddhist thought with our day-to-day life. His writing is sophisticated and engaged, filled with memorable imagery and insight drawn from decades of study, reflection, and meditation on Buddhist teachings. Seasoned Buddhist readers and anyone interested in the intellectual heart of Buddhism will find this collection of fascinating essays rewarding.

Book Information

Print Length: 200 pages

Publisher: Wisdom Publications (December 13, 2016)

Publication Date: December 13, 2016

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B01G2DD5CS

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #69,814 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Theravada #19 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Tibetan #23 in Kindle Store > Kindle eBooks > Religion & Spirituality > Religious Studies & Reference > Philosophy

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