

<<Men From Boys 男孩到男>>

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内容概要

Weaving together traditional anecdotes, personal experiences and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh offers step-by-step practices that foster the growth of understanding and intimacy in any relationship, even with those who have done us harm. There are meditations on love, ways to heal our relationships with our family and our own spiritual traditions, and methods for resolving conflicts.

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