



Zen Wrapped in Karma Dipped in Chocolate: Ein Zen-Trip durch Tod, Sex, Scheidung und die Suche nach dem wahren Dharma (German Edition)

Brad Warner

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Für alle, die unerschrocken wie der Buddha selbst sind.

Wie hilft ein echter Zen-Meister - nicht die milde lächelnden Cartoonfiguren, sondern ein echter Meister - anderen Menschen, wenn er mit seinem eigenen Schmerz beschäftigt ist? Wie meditiert er, wenn seine Welt auseinanderbricht? Ist seine Meditation in diesen Momenten etwas wertvolles oder nur eine Flucht?

Brad Warner schildert in schonungsloser Offenheit ein Jahr seines Lebens, in dem seine Mutter und seine Großmutter starben, er seinen Traumjob verlor und seine Ehe scheiterte. Gleichzeitig beschreibt er gewohnt witzig und wortgewandt, wie die Lehren Buddhas ihm halfen, mit all diesen Ereignissen fertigzuwerden und auch ein mildes Nicht-Eso-Lächeln zu entwickeln.



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Colin Wegner:

The reason why? Because this Zen Wrapped in Karma Dipped in Chocolate: Ein Zen-Trip durch Tod, Sex, Scheidung und die Suche nach dem wahren Dharma (German Edition) is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who all write the book in such wonderful way makes the content inside of easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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