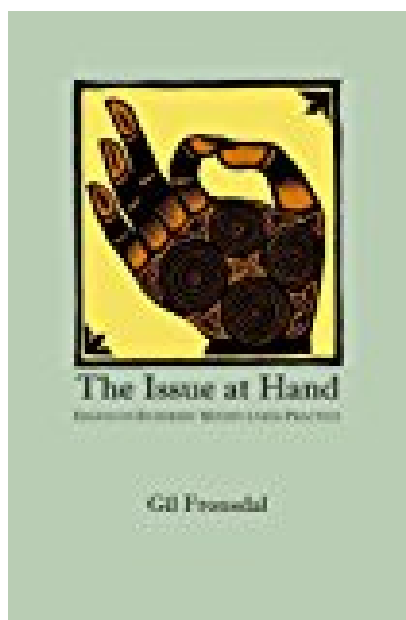


The Issue At Hand Essays On Buddhist Mindfulness Practice



BOOK DETAILS

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BOOK SYNOPSIS

Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

THE ISSUE AT HAND ESSAYS ON BUDDHIST MINDFULNESS PRACTICE -

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