

The Wise Heart A Guide To Universal Teachings Of Buddhist Psychology Jack Kornfield

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Jack Kornfield Wikipedia

December 7th, 2018 - Jack Kornfield born 1945 is a bestselling American author and teacher in the vipassana movement in American Theravada Buddhism He trained as a Buddhist monk in Thailand Burma and India first as a student of the Thai forest master Ajahn Chah and Mahasi Sayadaw of Burma He has taught meditation worldwide since 1974 and is one of the key teachers to introduce Buddhist Mindfulness practice

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