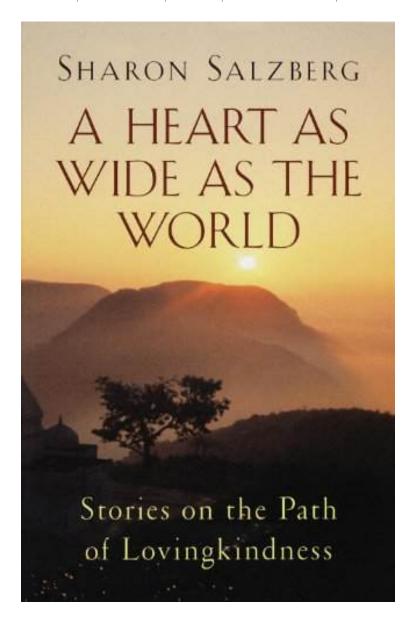
A Heart as Wide as the World: Stories on the Path of Lovingkindness

By Sharon Salzberg
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2 of 2 review helpful Priceless By Katie I take a long car trip a couple of times a year I used to check out several books on tape from the library to keep me company One time I checked out this book Since then this is just about the only book I listen to on my trips I listen to it once on the trip out and once on the trip back This book is sort of a primer to life how to live effectively and happily and in acce The Buddhist teachings have the power to transform our lives for the better says Sharon Salzberg and all we need to bring about this transformation can be found in the ordinary events of our everyday experiences Salzberg distills more than twenty five years of teaching and practicing meditation into a series of short essays rich with anecdotes and personal revelations that offer genuine aid and comfort for anyone on the spiritual path Many chance moments both smal nbsp nbsp nbsp nbsp Sharon Salzberg understands the power of story skillfully employing anecdotes from her own life and others to enliven Buddhist teachings and to demonstrate their relevance to every aspect of life Salzberg has written a book

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