

Title	Author	Comments
Going Home: Jesus & Buddha as Brothers	Thich Nhat Hanh	this kind of comparison helps Christians to relate their background to the <u>Buddhist principles</u>
It's Up To You: The Practice of Self-Reflection on the Buddhist Path	Dzigar Kongtrul	how do we reconcile the idea of enlightenment with what we see when <u>we look in the mirror</u>
Loving Kindness: the Revolutionary Art of Happiness	Sharon Salzberg	Is a profound exploration of the deepest meanings of love, empathy, and caring. This book offers psychological insights of real spiritual value and practical utility. Drawing on Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experiences, <u>the author shows how each one of us can cultivate love, compassion, joy.</u>
Seeking the Heart of Wisdom: The Path of Insight Meditation'	Jack Kornfield & Joseph Goldstein	Presents the central teachings and practices of insight meditation in clear and personal language. The path of insight meditation is a journey of understanding our bodies, our minds, and our lives, of seeing clearly the <u>true nature of experience.</u>
Shambala: Sacred Path of the Warrior	Chogyam Trungpa	deals with the way of the warrior. Recommended reading for the Shambala training
Smile At Fear: Awakening the True Heart of Bravery	Chogyam Trungpa	The teachings presented in this book are transformational—and especially relevant today, when so many of us are facing uncertainty and anxiety. Chögyam Trungpa shows us how to uncover our innate strength, confidence, and joy under any circumstances. I strongly recommend this book to all those seeking awakening and freedom.”—Pema Chödrön
Start Where You Are - A Guide to Compassionate Living	Pema Chodron	Down-to-earth guidance on how to make friends with ourselves and develop genuine compassion toward others. A guide for cultivating <u>fearlessness and awakening a compassionate heart.</u>
Work, Sex, Money: Real Life on the Path of Mindfulness	Chogyam Trungpa	Each day we deal with the challenges of ordinary life: a series of mundane experiences that can be a source of both pleasure and problems. The best prescription, according to Chögyam Trungpa, is a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy.