



Buddha's Daughters: Teachings from Women Who Are Shaping Buddhism in the West

Andrea Miller

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Buddhism began to take root in the West at just the same time that women's voices were arising to find expression here—after millennia of being relegated to the background. If that was a coincidence, it was an auspicious one, for the women who emerged as Buddhist teachers have been among the most articulate of Dharma-communicators—and they remain an indelible feature of Western Buddhism as the practice matures here. The remarkable range of their teaching is showcased in this anthology. The pieces featured touch on the topics that are at the heart of our lives—relationships, uncertainty, love, parenting, food, stress, mortality, living fully, and social responsibility. These approachable, engaging teachings illuminate Buddhist concepts and practices, such as meditation, tonglen, lovingkindness, cultivating gratitude, and deep relaxation.

The book contains wisdom from such well-known and -respected contemporary Buddhist teachers as Pema Chödrön, Ayya Khema, Sharon Salzberg, Toni Packer, Maurine Stuart, Karen Maezen Miller, Khandro Rinpoche, Jan Chozen Bays, Sister Chan Khong, Sylvia Boorstein, Pat Enkyo O'Hara, Darlene Cohen, Joanna Macy, Bonnie Myotai Treace, Tsultrim Allione, Tenzin Palmo, Tara Brach, Joan Sutherland, Carolyn Rose Gimian, Joan Halifax, Charlotte Joko Beck, and many others.

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Margie Turner:

A lot of people always spent their very own free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read the book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book Buddha's Daughters: Teachings from Women Who Are Shaping Buddhism in the West it is extremely good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not very costly but this book has high quality.

Leroy Barker:

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Ann Amos:

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