



Challenging Times: Stories of Buddhist Practice When Things Get Tough

Vishvapani

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Facing illness or chronic pain, coming to terms with Alzheimer's, forgiving a sister's murderer: these stories of courage and hard-earned wisdom show the rewards of opening our hearts when things get tough. Ordinary people and experienced teachers share what happened when they followed the Buddha's advice to turn towards their experience instead of running away from it. These accounts of personal transformation show how we can find joy, forgiveness, and compassion in the struggles of daily life.

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