



## A Lamp in the Darkness: Illuminating the Path Through Difficult Times (Paperback)

By Jack Kornfield

SOUNDS TRUE INC, United States, 2014. Paperback. Book Condition: New. Reprint. 198 x 150 mm. Language: English. Brand New Book. When the path ahead is dark, how can we keep from stumbling? How do we make our way with courage and dignity? Inside each of us is an eternal light that I call the One Who Knows, writes Jack Kornfield. Awakening to this wisdom can help us fin dour way through pain and suffering with grace and tenderness. For anyone seeking answer during a trying time, he offers A Lamp in the Darkness, a book-and-CD program filled with spiritual and psychological insights, hopegiving stories, and guided meditations for skillfully navigating life s inevitable storms. The practices in this book are not positive thinking, quick fixes, or simplistic self-help strategies. They are powerful tools for doing the work of the soul to access our inner knowing and to embrace the fullness of our life experience. With regularly practice these teachings and meditations enable you to transform your difficulties into a guiding light for the journey ahead. Join Jack Kornfeld as your trusted guide as you explore: ? Shared Compassion-a guided practice for planting the seeds of compassion and opening the...



## Reviews

The ideal publication i possibly go through. I was able to comprehended every thing out of this published e publication. I am delighted to explain how this is actually the finest pdf i have got read inside my personal existence and could be he very best ebook for possibly.

-- Roberto Friesen

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

-- Darrin Abbott

## Other eBooks



## Fox and His Friends (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

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Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling home reading series. It is based on...



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