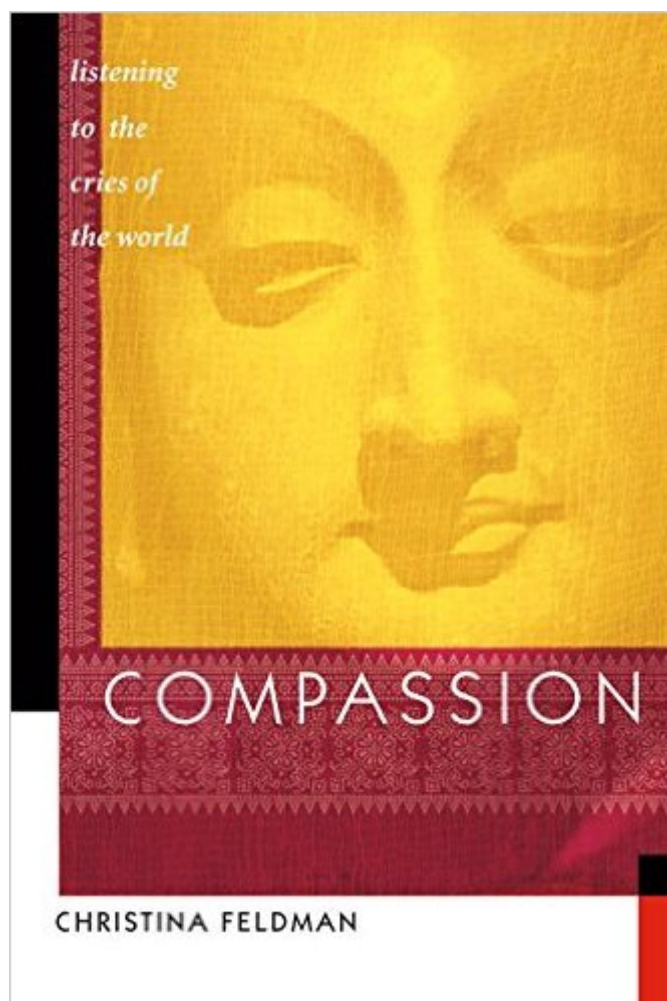


The book was found

Compassion: Listening To The Cries Of The World



Synopsis

Compassion in the face of pain, anguish, or unspeakable evil often produces confusion and bewilderment: How can someone endure such unjust suffering with such calm? Wouldn't it be more natural, and more proper, to not be calm at all? In *Compassion*, Christina Feldman draws over 30 years of experience as a Buddhist to explain how ordinary people are able to use compassion to overcome negative feelings like tragedy, pain, and terror. Feldman first examines compassion itself, using Buddhist texts and real-life stories to explain precisely what this strange force is, and argues that it is the most precious of all gifts. Feldman then proceeds to show, in six separate chapters, how compassion can be used in the face of adversity, mapping out meditations and strategies that can overcome the dark thoughts that everyone experiences. Compassion is for anyone who has ever felt helpless in our own turbulent, uncertain times.

Book Information

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Customer Reviews

Christina Feldman has written an outstanding essay on compassion. She courageously and clearly explores her topic with confidence. Compassion is a multi-faceted experience, complex and richly textured, and Feldman has been able to illuminate it beautifully. I would call her understanding of compassion comprehensive and creative, including her meditations on the various aspects of the topic. If you only read one book in your life time on compassion, may it be this one. This book will change how you think, how you approach yourself, how you approach others, how you approach the world. A must read for anyone on a spiritual path.

One of the best books on buddhist practice I've ever read. It gets to the heart of why compassion (towards self and others) is central to ending suffering in a way that is simple and clear, but never simplistic. It makes clear why you can't force yourself to feel compassion (it isn't, at its root, a feeling, but rather a stance or posture towards the world), and provides the clearest and most helpful explanation of emptiness that I've yet seen. Highly recommended.

Feldman's profound insight into our culture's dead-end habit of judging is vital for the healing of our national soul. Compassion as an alternative is presented as both the Christian and the human alternative.

I feel overwhelmed by my lack of compassion as I read this book. I feel as though I will never measure up but hope to try based on the love that is possible if I can incorporate the response to others laid out in this book. Can I "suffer with" and be open to others and their reality. I hope to try.

What a wonderful book! I am so glad this book has come into my life. Compassion is what the world needs:)

Beautifully written ---Helpful and practical ways to relate with self, others, and the world around us.

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