



# Ins Herz des Lebens: Hilfreiche Unterweisungen für unseren Alltag (German Edition)

*Jetsunma Tenzin Palmo*

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Wie können wir die Lehre des Buddha anwenden, um uns das Leben zu erleichtern und unserem Dasein einen Sinn zu geben? Das ist die zentrale Frage, der sich die weltbekannte buddhistische Lehrerin Jetsunma Tenzin Palmo in ihren lebensnahen Vorträgen widmet. In dieser Zusammenstellung von neuen Unterweisungen, die Tenzin Palmo in den letzten Jahren vor Hörern in Ost und West gehalten hat, zeigt sich ihre einzigartige Gabe, tiefgründige buddhistische Weisheit in einfachen Worten und absolut lebensnah zu vermitteln.

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