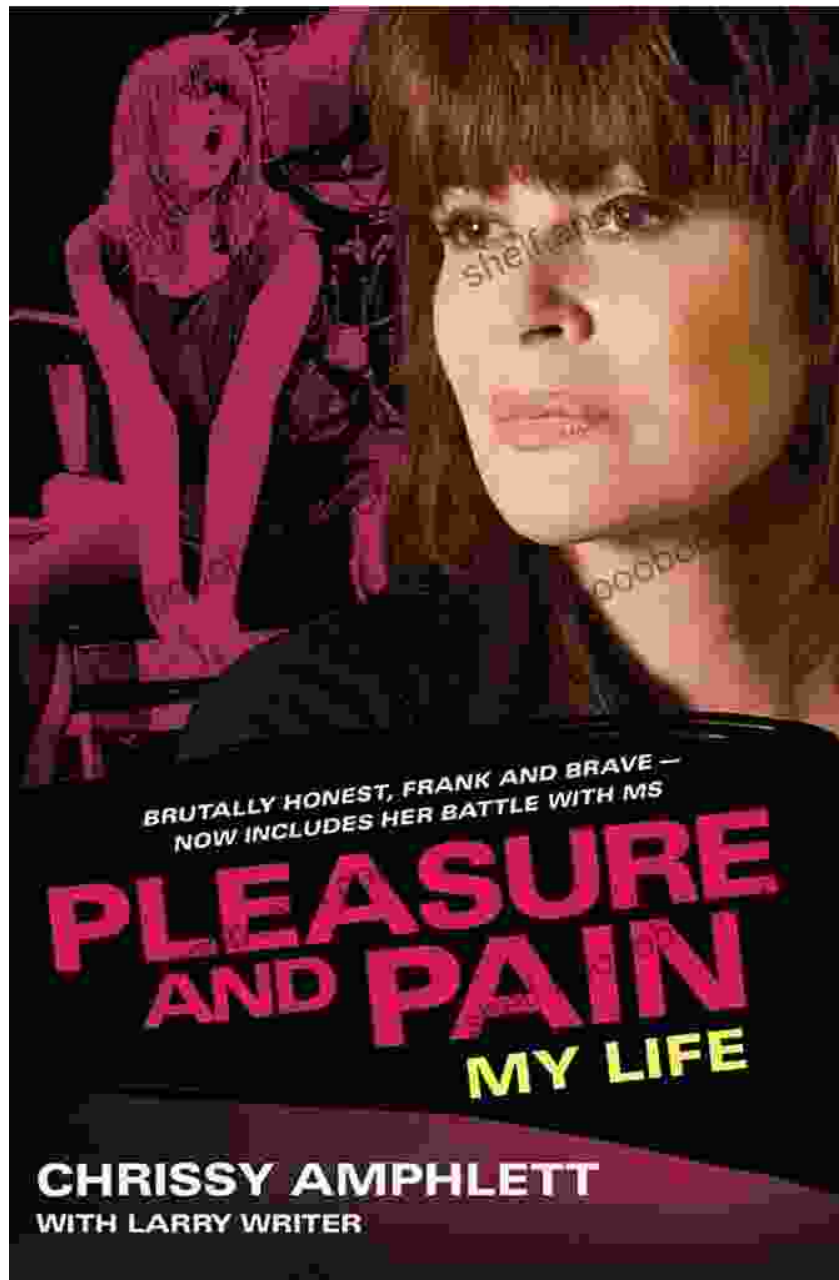


Life Edited: Pain, Pleasure, Perspective



Life Edited: Pain. Pleasure. Perspective by Jameel Haiat

★★★★★ 5 out of 5

Language : English

File size : 5596 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 82 pages



Lending	: Enabled
Paperback	: 88 pages
Item Weight	: 3.35 ounces
Dimensions	: 7.48 x 0.2 x 4.72 inches
Screen Reader	: Supported



In *Life Edited: Pain, Pleasure, Perspective*, renowned Buddhist teacher and author Lodro Rinzler explores the nature of human suffering and how we can use pain and pleasure to live more fulfilling and meaningful lives.

Drawing on his own experiences as a Buddhist monk and therapist, Rinzler offers a unique and deeply personal perspective on the challenges and opportunities that we all face in life. He argues that pain and pleasure are not simply opposites, but rather two sides of the same coin. Both pain and pleasure can be sources of great suffering, but they can also be opportunities for growth and transformation.

Rinzler offers a practical framework for understanding and working with pain and pleasure. He shows us how to recognize the different types of pain, how to distinguish between healthy and unhealthy pleasure, and how to use both pain and pleasure to cultivate compassion and wisdom.

Life Edited is a wise and compassionate guide to living a more meaningful life. It is a book that will help you to embrace your pain, savor your pleasure, and find a deeper sense of purpose and fulfillment.

Praise for Life Edited

"Life Edited is a profound and moving exploration of the nature of human suffering. Lodro Rinzler offers a unique and deeply personal perspective on the challenges and opportunities that we all face in life. This book is a wise and compassionate guide to living a more meaningful life."

- Sharon Salzberg, author of Real Love

"Lodro Rinzler is a gifted teacher and writer. In Life Edited, he offers a fresh and insightful perspective on the nature of pain and pleasure. This book is a valuable resource for anyone who is interested in living a more meaningful and fulfilling life."

- Jack Kornfield, author of A Path with Heart

About the Author

Lodro Rinzler is a Buddhist monk and teacher in the Shambhala tradition. He is the author of several books, including The Buddha Walks into a Bar... and Sit Like a Buddha. He lives in Brooklyn, New York.

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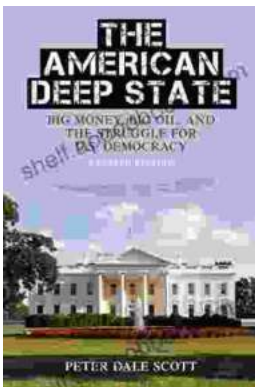
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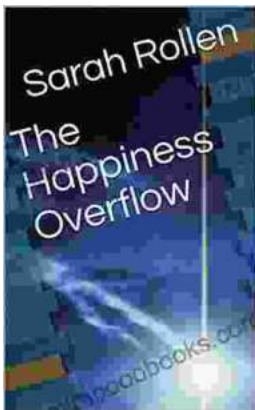
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