

Teachings Of The Buddha Jack Kornfield

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Jack Kornfield (born 1945) is a bestselling American author and teacher in the vipassana movement in American Theravada Buddhism. He trained as a Buddhist monk in Thailand, Burma and India, first as a student of the Thai forest master Ajahn Chah and Mahasi Sayadaw of Burma. He has taught meditation worldwide since 1974 and is one of the key teachers to introduce Buddhist mindfulness practices ...

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