

The Beginner's Guide To Forgiveness: How To Free Your Heart And Awaken Compassion By Jack Kornfield

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This audiobook is wonderfully titled THE beginner's GUIDE TO FORGIVENESS, since we are, after all, all beginners in the realm of forgiveness. Etymologically

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He s also authored a number of books on mindfulness, compassion, notably his 1993 bestseller A Path with Heart: A Guide Through the Perils Jack Kornfield:

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