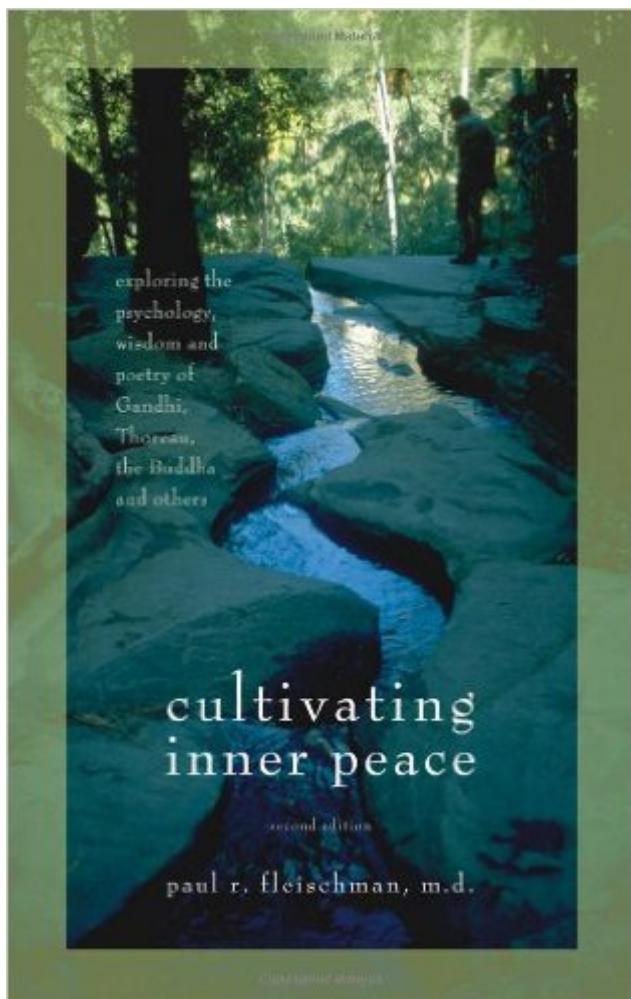


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# Cultivating Inner Peace: Exploring The Psychology, Wisdom And Poetry Of Gandhi, Thoreau, The Buddha, And Others



## Synopsis

The way to inner peace is illuminated in this accessible guide to tending one's inner landscape. The lives of outstanding figures such as the Buddha, Walt Whitman, and Gandhi are used to connect the ideal of inner peace with how real people cultivate peace in their everyday lives. Peacefulness as dynamic, selective, and egoless is shown through the constructive act of choosing different ways of life, such as having a smaller family or a more modest career. A message of hope and inspiration permeates this pragmatic approach and is exemplified by the author's own practice of meditation.

## Book Information

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## Customer Reviews

Especially valuable for those that have taken a 10 day course in vipassana in the lineage of Goenka and U Bak Khin, of which Fleischman is a teacher of. It's nice to read his streams of thought and poetry, knowing that he has spent long periods of time in silent retreat. He's known the struggle of re-entering the body and the magnificence of being supported by the constant change of natural law (dhamma). A refreshing recharge, dipping into this book as well as Fleischman's other works, is taking in a mug of cool clear mountain spring water at the source. Reading Fleischman helps me continue to fill-in the missing mentorship of all the years of growing up in the largely meaningless culture of American consumerism and addiction. He's in his 70's now, and I'll probably never meet him, but he's been one of my "adopted dads" on my journey to radical embodiment and a harmonious home life with my partner. This book, like his others, is a great resource that I lend to friends who've just taken their first course, to encourage their daily practice in the early months and years - and also can be refreshing to read while serving on a meditation course. Metta.

I have been studing the "inner self" for many years and I truly think is one of the best books I have used. If you are sincere about directing your inner self onto a path of Peace then I highly recommend this book. I always take a 'study' book with me while waiting in the doctor office's and this is my 'now' book. I appreciate this book and all of it's words of guidance and wisdom. Joan Cousins of Cousins Originals

This book has been such a gift to me! I want to read everything I can by Paul R. Fleischman, M.D.

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