



Zen Heart: Simple Advice for Living with Mindfulness and Compassion

Ezra Bayda

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There's a secret to spiritual practice, and it's surprisingly simple: learn to be present with attention. Do that, and the whole world becomes your teacher, you wake up to the sacredness of every aspect of existence, and compassion for others arises without even thinking about it. In *Zen Heart*, Bayda provides a wealth of practical advice for making difficult experiences a valued part of the path and for making mindfulness a daily habit.

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