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Through the Perils and Promises of Spiritual Life  
(5.2.1993)**

*Jack Kornfield*

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Jack has had a profound and direct impact on my life, and I'm thrilled to finally have him on the podcast to share our history, his incredible stories, and practical tactics and techniques that you can use. Jack co-founded the Insight Meditation Society in Barre, Massachusetts, with fellow meditation teachers Sharon Salzberg and Joseph Goldstein and the Spirit Rock Center in Woodacre, California. He holds a Ph.D. in clinical psychology and is a father, husband, and activist. A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life by Jack Kornfield. After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path by Jack Kornfield. No Time Like the Present: Finding Freedom, Love, and Joy Right Where You Are by Jack Kornfield. In undertaking a spiritual life, we must make certain that our path is connected with our heart, according to author and Buddhist monk Jack Kornfield. Since 1974 (long before it gained popularity in the 1990s), Kornfield has been teaching westerners how to integrate Eastern teaching into their daily lives. Through generous storytelling and unmitigated warmth, Kornfield offers this excellent guidebook on living with attentiveness, meditation, and full-tilt compassion. If the number of times someone has read or listened to an audio book is any indication, then A Path With Heart by Jack Kornfield must be one of my favorite books. I've listened to it dozens of times over the past thirteen years, and I still find myself learning something new with every listen.

