



The Heart of the Revolution: The Buddha's Radical Teachings on Forgiveness, Compassion, and Kindness (Paperback)

By Noah Levine

HarperCollins Publishers Inc, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. The Buddha's teachings are not a philosophy or a religion; they are a call to action and invitation to revolution. Noah Levine, author of the national bestseller *Dharma Punx* and *Against the Stream*, is the leader of the youth movement for a new American Buddhism. In *Heart of the Revolution*, he offers a set of reflections, tools, and teachings to help readers unlock their own sense of empathy and compassion. Lama Surya Das, author of *Awakening the Buddha Within*, declares Levins to be in the fore among Young Buddhas of America, a rebel with both a good cause and the noble heart and spiritual awareness to prove it, saying, I highly recommend this book to those who want to join us on this joyful path of mindfulness and awakening.



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