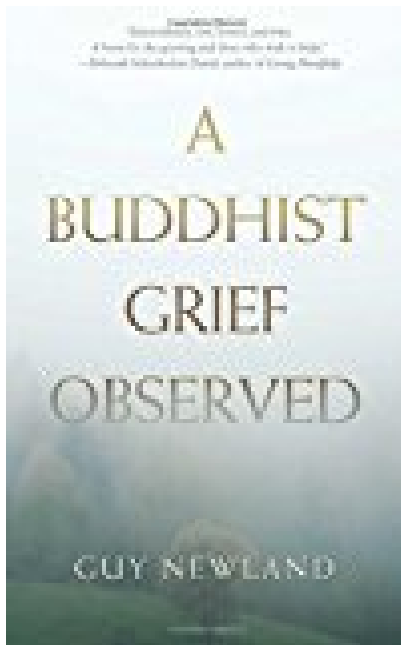


A Buddhist Grief Observed



BOOK DETAILS

- Author : Guy Newland
- Pages : 136 Pages
- Publisher : Wisdom Publications
- Language : English
- ISBN : 1614293015

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BOOK SYNOPSIS

Amid the world-shattering pain of loss, what helps? “After the death of his beloved partner from cancer, Newland finds himself asking how effective his long years of Buddhist practice have been in helping him come to terms with overwhelming grief. This finely written book offers a lucid meditation on what it means to practice the Dharma when everything falls apart.” —Stephen Batchelor, author of *Buddhism without Beliefs* and *After Buddhism* In the tradition of C. S. Lewis’s *A Grief Observed*, Guy Newland offers this brave record of falling to pieces and then learning to make sense of his pain and grief within his spiritual tradition. Drawing inspiration from all corners of the Buddhist world—from Dogen and the Dalai Lama, to Pema Chödrön and ancient Pali texts—this book reverberates with honesty, kindness, and deep humanity. Newland shows us the power of responding fully and authentically to the death of a loved one. “A sad, beautiful, and necessary book—and a map waiting for many who will need it.” —James Ishmael Ford, author of *If You’re Lucky Your Heart Will Break* “Guy Newland faces squarely the pain of death and the pain of grief and offers a work of uncommon power, insight, and honesty—and extraordinary compassion.” —Jay L. Garfield, author of *Engaging Buddhism*

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