

[PDF] Making A Change For Good: A Guide To Compassionate Self-Discipline

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Books Details:

Title: Making a Change for Good: A G
Author: Cheri Huber
Released: 2007-03-13
Language:
Pages: 144
ISBN: 1590302087
ISBN13: 978-1590302088
ASIN: 1590302087



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Description:

Review "Huber has been a Zen teacher for many years, but this does not feel at all like a Zen book. . . . The warmth of Huber's style and advice reinforce her message that self-acceptance, rather than punishment, is more likely to result in the changes we seek."—*Library Journal*

"Huber challenges us to see our resistances and to accept our conditioned thoughts and behaviors—to live in the present moment with awareness."—*Spirituality & Health* magazine

About the Author Cheri Huber is a Zen teacher and the author of eighteen popular books. She founded A Center for the Practice of Zen Buddhist Meditation in Mountain View, California, in 1983,

and the Zen Monastery Retreat Center in Murphys, California, in 1987. She founded Living Compassion in 2003, a nonprofit group comprised of There Is Nothing Wrong with You Retreats (based on the book); Global Community for Peace: The Assisi Peace Project; The Africa Vulnerable Children Project; and Open Air Talk Radio, which she hosts weekly. She lives in Murphys, California.

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