



Buddhism Through American Women's Eyes

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The Buddha's path to human transformation declares women and men equally capable of spiritual realization, yet throughout history most exemplars of this tradition have been men. Now, as Buddhism is transmitted to the West, women are playing a major role in its adaptation and development. The conversation presented here takes place among experienced practitioners from many Buddhist traditions who share their thoughts on the Buddhist outlook, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world. Thirteen women contribute a wealth of thought-provoking material on topics such as bringing Dharma into relationships, dealing with stress, Buddhism and the Twelve Steps, mothering and meditation, the monastic experience, and forging a kind heart in an age of alienation.

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