



If You're Lucky, Your Heart Will Break: Field Notes from a Zen Life

James Ishmael Ford

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Using vignettes and anecdotes from his own life - as well as quotations drawn from sources as varied as the Bible, Yiddish aphorisms, and stand-up comedy - Zen teacher and Unitarian Universalist minister James Ishmael Ford shares the gifts won over his lifetime of full-hearted engagement with the Zen path. "I've found myself broken open," Ford says, "and found in that opening my fundamental connection to the whole world."

What's more, *If You're Lucky, Your Heart Will Break* breathes new life into the Buddhist ideas of karma and rebirth - as well as the Buddhist precepts of ethical action - and finds for them kinship in other spiritual endeavors. Even the most cynical of hearts will find resonance in Ford's compassionate presentation of basic human truths.

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Paul Blecha:

A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book If You're Lucky, Your Heart Will Break: Field Notes from a Zen Life it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too costly but this book provides high quality.

Beth Murray:

People live in this new morning of lifestyle always attempt to and must have the spare time or they will get lots of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read is If You're Lucky, Your Heart Will Break: Field Notes from a Zen Life.

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