



A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives

Thupten Jinpa Phd

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The highly acclaimed thought leader and English translator of the Dalai Lama shows us how compassion works as a powerful inner resource that can yield surprising and compelling benefits—not just for others, but for ourselves.

The Buddhist practice of mindfulness first caught on in the West when we began to understand its many practical benefits. Now Thupten Jinpa, Ph.D., introduces a practice with even greater life-changing power: compassion. Based on the revolutionary course in Compassion Cultivation Training at Stanford that Jinpa helped to create, *A Fearless Heart* shows us that compassion can be a path through suffering, a key to robust health, and even an effective way to reach our goals.

Yet we fear compassion. We worry that if we are too compassionate with others, they will take advantage of us, and too much self-compassion will make us slackers. Pulling from the latest Western research as well as traditional Buddhist psychology, Jinpa offers simple daily practices that will help readers train their compassion muscle for a greater meaning, connection, and fulfillment.

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