



## The Art of Reflection

By Ratnaguna

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, The Art of Reflection, Ratnaguna, It is all too easy either to think obsessively, or to not think enough. But how do we think usefully, how do we reflect? Like any art, reflection can be learnt and developed, leading to a deeper understanding of life and fullness of wisdom. Drawing on his own experience, and on Buddhist teachings, Western philosophy, psychology and literature, Ratnaguna provides a practical guide to reflection in its many forms. This is a book about reflection as a spiritual practice, about its importance, and about "what we think and how we think about it." It is a book about contemplation and insight, and reflection as a way to discover the truth.

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