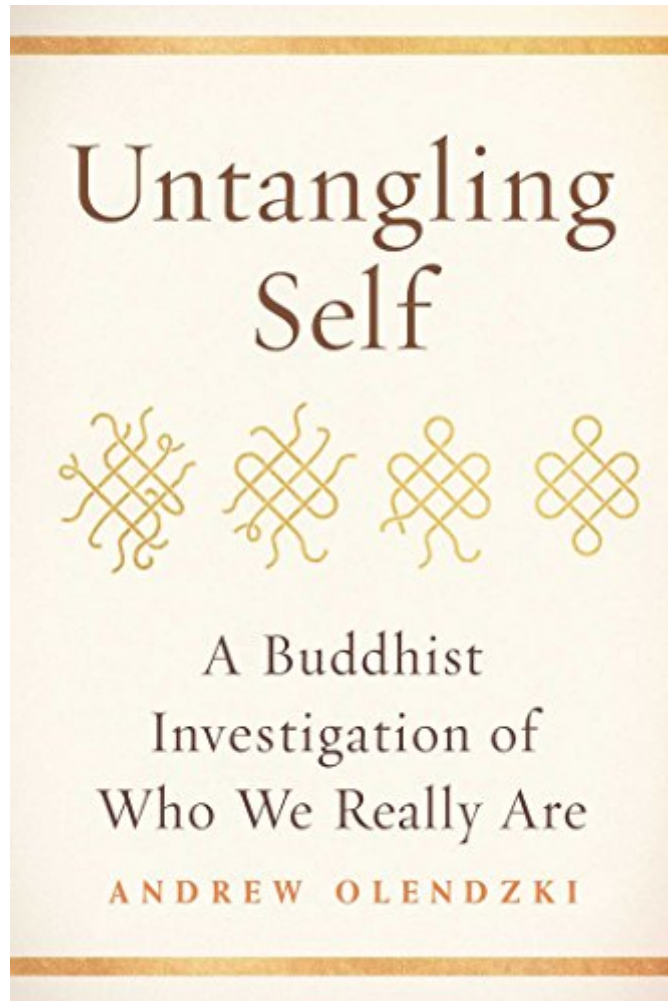


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# Untangling Self: A Buddhist Investigation Of Who We Really Are



## Synopsis

Untangling Self invites us to see nonself, interdependence, and mindfulness as rational, real-world solutions to the human condition of suffering. In psychologically rich essays that equally probe traditional Buddhist thought and contemporary issues, Andrew Olendzki helps us to reconcile ancient Buddhist thought with our day-to-day life. His writing is sophisticated and engaged, filled with memorable imagery and insight drawn from decades of study, reflection, and meditation on Buddhist teachings. Seasoned Buddhist readers and anyone interested in the intellectual heart of Buddhism will find this collection of fascinating essays rewarding.

## Book Information

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