

Mirror of the Heart: The Power of Mindfulness

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“For the person in the mirror to smile, we must smile first. If we hope to live a life of happiness and ease, there is only one way —we must learn to adjust our mindset.”

Through 80 Chinese-English bilingual short teachings, Dharma Master Cheng Yen tells readers how to implement the Buddha-Dharma in our daily living through worldly Dharma. She emphasizes that we must have deep faith in the law of karma and that we must put the power of our hearts and minds to good use.



Book Title: Mirror of the Heart: The Power of Mindfulness

Author: Master Cheng Yen

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