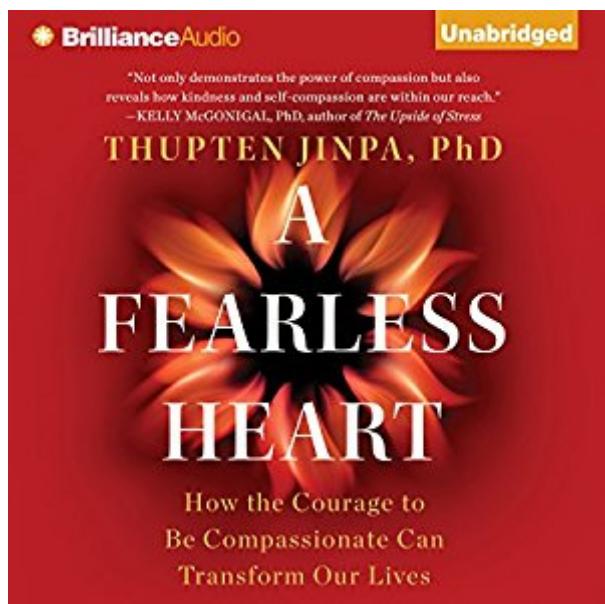


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# A Fearless Heart: How The Courage To Be Compassionate Can Transform Our Lives



## Synopsis

The Buddhist practice of mindfulness caught on in the west when we began to understand the everyday, personal benefits it brought us. Now, in this extraordinary audiobook, the highly acclaimed thought leader and longtime English translator of His Holiness the Dalai Lama shows us that compassion can bring us even more. Based on the landmark course in compassion training Jinpa helped create at Stanford Medical School, *A Fearless Heart* shows us that we actually fear compassion. We worry that if we are too compassionate with others we will be taken advantage of, and if we are too compassionate with ourselves we will turn into slackers. Using science, insights from both classical Buddhist and western psychology, and stories both from others and from his own extraordinary life, Jinpa shows us how to train our compassion muscle to relieve stress, fight depression, improve our health, achieve our goals, and change our world. Practical, spiritual, and immediately relevant, *A Fearless Heart* will speak to listeners of *The Art of Happiness* and *Wherever You Go, There You Are*.

## Book Information

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## Customer Reviews

This book has really made me think about my intention on a daily basis. I am trying to put more compassion out into the world including toward myself (a major theme of this book) and the practices the author teaches you as you read along are amazing for assisting those of us who need it the direction in which to go. The breathing exercises, the what I would call positive

affirmations....it's all very useful and presented in a very accessible way. You don't feel like you're reading the thoughts of a Lama who is many light years more evolved than you can ever hope to be but at the same time the author's voice is clearly of someone who knows his s\*\*\*.

Dr. Kelly McGonigal assisted the author in creating the training for the material included in this book and Stanford's program on compassion. I just finished an online course with Dr. McGonigal, who is awesome, and we used this book as a huge supplement to the class. Honestly, I learned a ton from Kelly's course, but the recommendation to buy this book, written by the Dalai Lama's English translator for 30+ years, was worth every penny I gained from the online course. But, of course, they are synergistic. Buy and slowly read the book. And find your way to follow Dr. Kelly McGonigal if you have the time. She does have some TED Talks online. She is a rising star, well deserved. I could not recommend the book for any class (I think she teaches the most popular class at Stanford) from Dr. McGonigal. I'm older than her, but will always follow her research and classes. Nick

Can a book have more than 5 stars? I am so grateful to Dr. Thupten Jinpa for this clear, elegant and life-changing book, *A Fearless Heart: How the Courage to be Compassionate Can Transform Our Lives*. My daughter, immersed in a course on Asian philosophy, told me that she thought she could sum up Confucian thought in one phrase: Be excellent to each other. Yes! I replied But, how? Thankfully, *A Fearless Heart* provides a roadmap to answer that question for the modern age. Based on his extraordinary background as a leading scholar of Tibetan Buddhist teachings and psychology, decades of translating the teaching of the Dalai Lama, and a student of emerging neuroscience, Dr. Thupten Jinpa gracefully distills these learnings into an understandable and actionable guide to embodying the *universal secular ethics* His Holiness espouses. The gentleness of his writing is itself a testament to the value of his instruction. *A Fearless Heart* already has changed my mind, my heart and perhaps in the long run most importantly my practice. As he advises, I am setting my intention for the day and, with this guidance, have a much clearer idea how to implement a life more compassionate to others and to myself. This book both respects and transcends our respective beliefs. I am recommending this book to everyone I know who is in search of ways to live a more fully engaged and human life.

Review of Thupten Jinpa's *A Fearless Heart* By Mary E. Latela, M.Div If you've ever viewed His Holiness the Dalai Lama giving a lesson on Buddhism, compassion, or science, you have seen Thupten Jinpa, his closest translator, nearby. Sometimes there are phrases which the

Dalai Lama does not understand, and Mr. Jinpa takes the phrase apart or translates into Tibetan, and the inevitable “Aha!” moment comes. For many years Thupten Jinpa was a Buddhist monk, becoming a professor, and also an expert on the intersection of the sciences and contemplative knowledge. He recently helped to create a vibrant program on Compassionate Cultivation Training at Stanford University. The discussion of his difficult decision to leave the monastery enables the reader to understand the anxiety in returning to the lay community, because he really wanted to have a family. Descriptions of his discomfort in telling his parents, and even the Dalai Lama, are heartwarming. Here is a down-to-earth and helpful lesson for those who must leave the service to humanity to become a single person in the real world, including to get a job. The author earned a Ph.D in World Religions and became a professor. He met his life partner, they married, and now are raising their two daughters. Mr. Jinpa realized that a certain area was particularly difficult for himself, and “it turns out” for many others. The chapter “May I Be Happy?” addresses the exhaustion of people doing good work and forgetting to take care of themselves, leading to emotional harm and even burnout. The author and his students worked through the two pronged essence of compassion “cultivating compassion for ourselves and cultivating loving-kindness toward others. He helped to create a vibrant program on Compassionate Cultivation Training at Stanford University. The discussion of his difficult decision to leave the monastery enables the reader to understand the anxiety in returning to the lay community, because he really wanted to have a family. Descriptions of his discomfort in telling his parents, and even the Dalai Lama, are heartwarming. This is a down-to-earth and helpful lesson for those who must leave their service to humanity to become a single person in the real world, including to get a job. The author earned a Ph.D in World Religions and became a professor. He met his life partner, they married, and now are raising their two daughters. The book is a delight to read; the writing is clear and rich. The many short exercises and the true-to-life illustrations of real people make reading very fruitful. This is a must-read book. I recommend it to my many colleagues in service to humanity, and to all who wish to experience a fuller life, wherever they are on their life journey. ([ccare.stanford.edu/tibetclassics.org](http://ccare.stanford.edu/tibetclassics.org))

This book is extremely valuable for those of us who need to learn to be compassionate. Not only to others but first and foremost to ourselves. There isn't only "religious" ideas in this book. Jinpa really does well at explaining to us why and HOW we can learn to love ourselves and therefore become better and more well rounded people.

A life changing book. I am reading this book for a course on compassion-training, and it has changed my life. It is written from a Buddhist perspective, but offers practical suggestions for increasing peace and compassion in our own lives.

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