



# The Art of Forgiveness, Lovingkindness, and Peace

*Jack Kornfield*

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# The Art of Forgiveness, Lovingkindness, and Peace

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**The Art of Forgiveness, Lovingkindness, and Peace** Jack Kornfield

**You hold in your hand an invitation:**

To remember the transforming power of forgiveness and lovingkindness. To remember that no matter where you are and what you face, within your heart peace is possible.

In this beautiful and graceful little book, internationally renowned Buddhist teacher and meditation master Jack Kornfield has collected age-old teachings, modern stories, and time-honored practices for bringing healing, peace, and compassion into our daily lives. Just to read these pages offers calm and comfort. The practices contained here offer meditations for you to discover a new way to meet life's greatest challenges with acceptance, joy, and hope.

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