



A Fierce Heart: Finding Strength, Wisdom, and Courage in Any Moment

Spring Washam

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Spring Washam is a founder of the East Bay Meditation Center, one of the most diverse and accessible Dharma centers in the United States. In *A Fierce Heart*, Washam shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings, with short chapters that get to the heart of mindfulness, wisdom, loving kindness, and compassion.

Woven throughout the book are stories from the author's life, family, and ancestors, along with many soulful, heartfelt stories from all over the world. Washam's teachings focus on social action, multiculturalism, and youth, making the Dharma welcoming to as large and wide a community as possible. Anyone who has suffered will benefit from the life-saving teachings of this charismatic teacher. Her humor, enthusiasm, and energy are a balm.

From the Trade Paperback edition.

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