



Cultivating Inner Peace: Exploring the Psychology, Wisdom and Poetry of Gandhi, Thoreau, the Buddha, and Others

Paul R. Fleischman

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The way to inner peace is illuminated in this accessible guide to tending one's inner landscape. The lives of outstanding figures such as the Buddha, Walt Whitman, and Gandhi are used to connect the ideal of inner peace with how real people cultivate peace in their everyday lives. Peacefulness as dynamic, selective, and egoless is shown through the constructive act of choosing different ways of life, such as having a smaller family or a more modest career. A message of hope and inspiration permeates this pragmatic approach and is exemplified by the author's own practice of meditation.

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