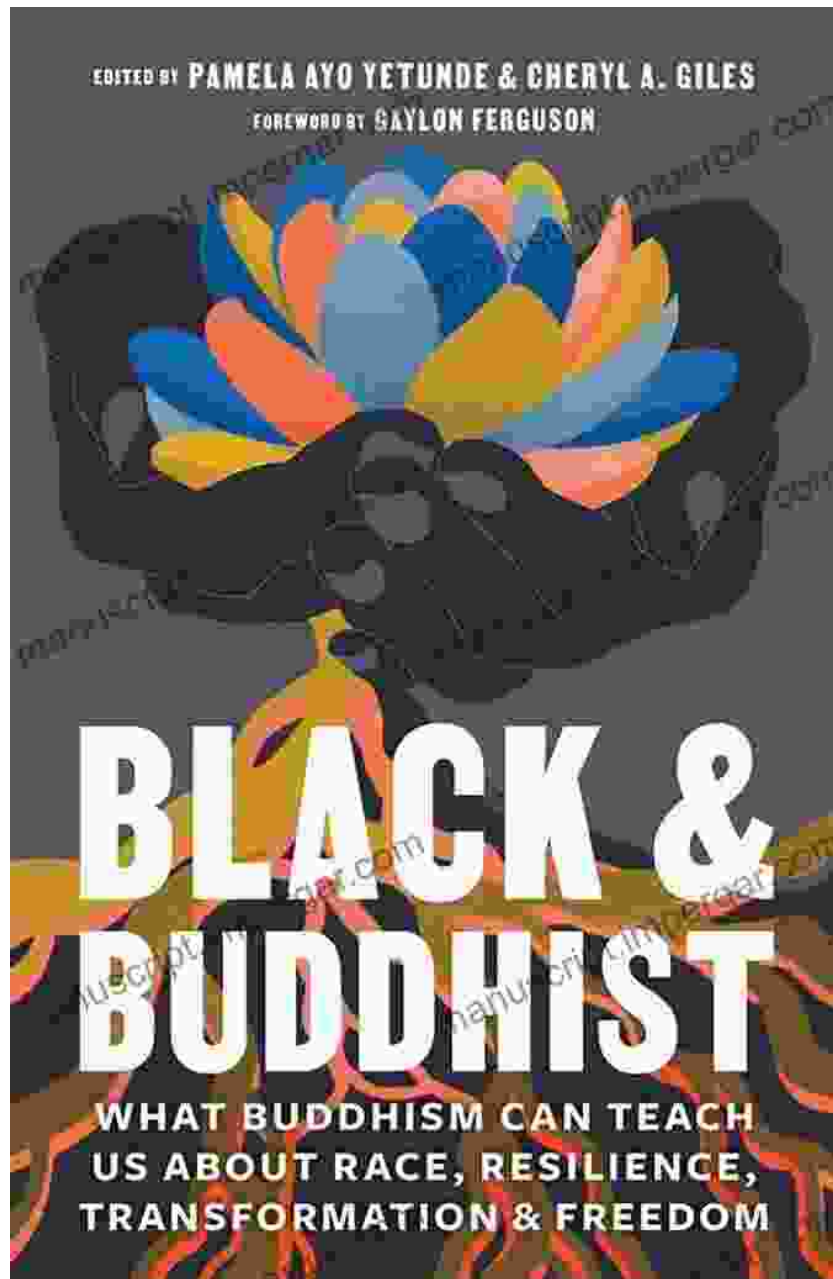


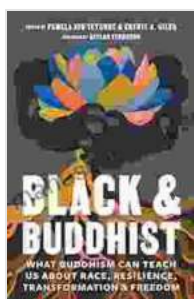
# Uncover the Profound Wisdom of Buddhism: A Path to Race Resilience, Transformation, and Freedom



What Buddhism Can Teach Us About Race Resilience Transformation  
And Freedom

In the face of systemic racism, discrimination, and social injustice, many people are seeking transformative ways to heal, build resilience, and find liberation from the oppressive forces that divide us.

Buddhism offers a profound and timely path to address these challenges. Its teachings on mindfulness, compassion, and interconnectedness provide powerful tools for understanding and dismantling the root causes of racism, while also guiding us towards a deeper sense of freedom and belonging.



## **Black and Buddhist: What Buddhism Can Teach Us about Race, Resilience, Transformation, and Freedom**

by Cheryl A. Giles

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1727 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 221 pages



In this insightful book, acclaimed author and Buddhist teacher Chenxing Han explores the profound wisdom of Buddhism and its relevance to race-related issues. Drawing on her own experiences as a Chinese American woman, as well as the teachings of Buddhist masters, she offers practical insights and meditations that can help us:

- Understand the nature of race and racism

- Develop resilience and self-compassion
- Cultivate empathy and understanding across racial lines
- Engage in anti-racism work
- Find liberation from the suffering caused by racism

With clarity and compassion, Han illuminates the path towards a more just and harmonious society. This book is an essential guide for anyone seeking to understand and address the challenges of race, and to cultivate a life of resilience, freedom, and true belonging.

## **Reviews**

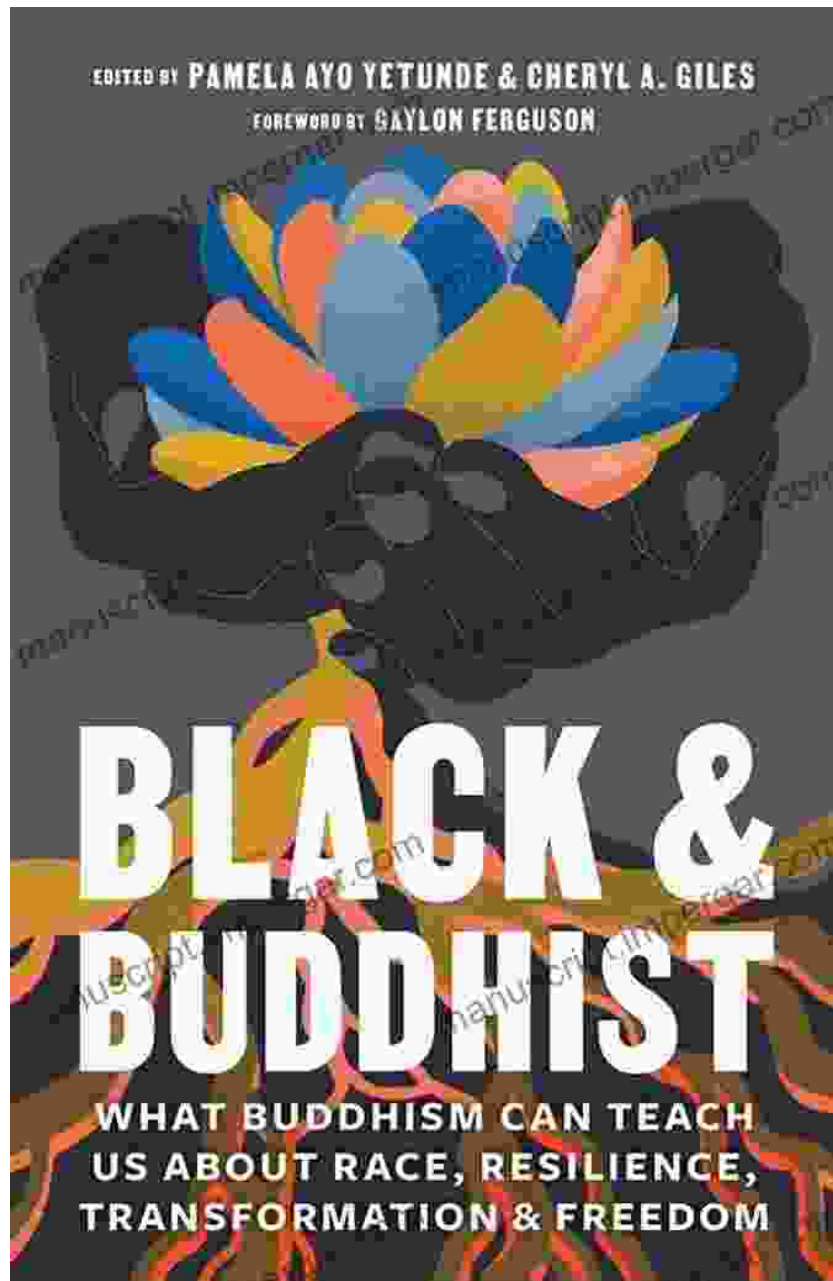
"A powerful and timely exploration of the intersection of Buddhism and race. Chenxing Han offers a compassionate and insightful guide to understanding and dismantling racism, and provides practical tools for cultivating resilience and freedom."

- **Thich Nhat Hanh**, Zen Master and peace activist

"This book is a gift. Chenxing Han's wisdom and compassion shine through every page, offering a path to healing, transformation, and freedom. A must-read for anyone seeking to understand and address race-related challenges."

- **Lama Rod Owens**, Author of *Love and Rage: The Path of Liberation Through Anger*

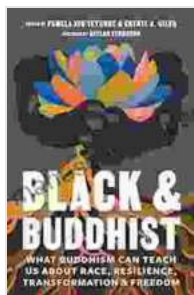
## **About the Author**



## **Chenxing Han**

Chenxing Han is an acclaimed author, Buddhist teacher, and social justice advocate. She is the co-founder of the Buddhist Peace Fellowship and the Insight Meditation Society of Washington, DC. Her writing has appeared in the *New York Times*, *The Washington Post*, and *Tricycle: The Buddhist Review*. She is the author of several books, including *Silent Tears:*

*Buddhism, Sexuality, and the Problem of Suffering and How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers.*

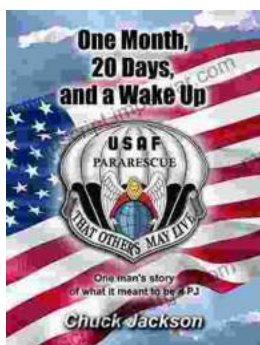


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