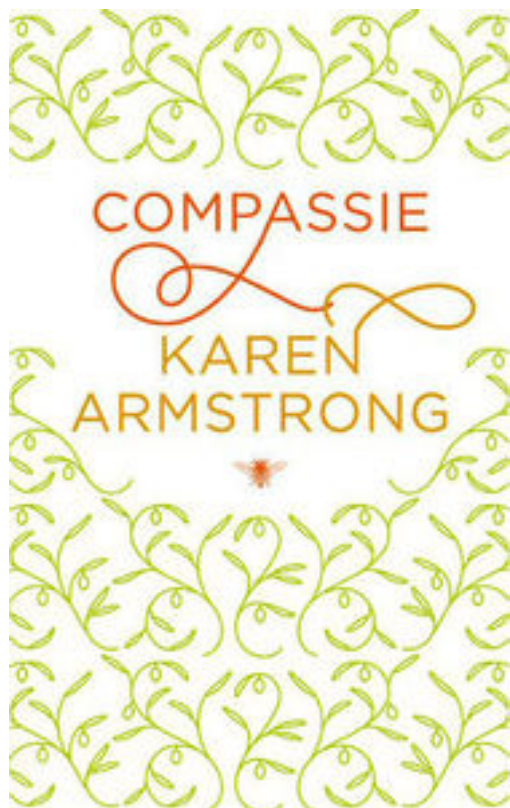


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Download online boek Nederlands Compassie Karen Armstrong , Karen Armstrong gaat ervan uit dat ieder mens behept is met een vermogen tot compassie, maar ze is van mening dat dat niet genoeg is: iedereen zou dat vermogen moeten koesteren en ontwikkelen. In het wijze en diepzinnige boek Compassie stippelt Armstrong een programma uit dat ons in twaalf stappen kan leren hoe we een medemenselijker leven kunnen leiden. Ze gaat daar- bij in op thema's als eigenliefde, bedachtzaamheid, lijden, gedeelde vreugde, de grenzen van onze kennis van de ander en mededogen.

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