



# The Heart of Wisdom: A Philosophy of Spiritual Life

*Richard White*

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## **The Heart of Wisdom: A Philosophy of Spiritual Life** Richard White

*The Heart of Wisdom* explores the intersection of philosophy and spirituality. Though spirituality is a concept often viewed with skepticism by philosophers and others, spiritual concerns are prominent in many people's lives, whether or not they ascribe to a religious creed. This book examines spiritual concepts like generosity, suffering, and joy, incorporating the various perspectives of great philosophers, including Nietzsche, Aristotle, and Derrida, as well as Eastern wisdom traditions, including Buddhism and Vedanta philosophy.

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