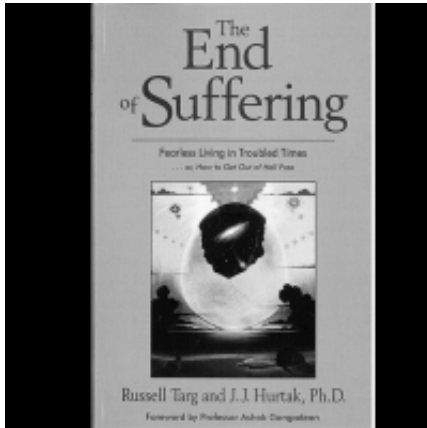

THE END OF SUFFERING



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Short Description

by Russell Targ and
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Description

The End of Suffering – Fearless Living in Troubled Times

... or, How to Get Out of Hell Free

by Russell Targ & J.J. Hurtak

While everybody suffers, most of this suffering is unnecessary and can be overcome. The message behind this book is how to overcome the polarity of opposites by combining the wisdom of the East with the findings of quantum physics to uncover a middle ground that shows opposing sides are really the same.

The End of Suffering puts these perceived opposites – Buddhism and physics – together and shows how we can learn to surrender the story of who we think we are and experience an end to our suffering. Buddha taught us to live a helpful and compassionate life and to surrender our ego to the peace of spaciousness. Remarkably, recent discoveries in Modern physics echo these ancient teachings.

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