

Dancing with Life

author: Phillip Moffitt

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Synopsis

author	Phillip Moffitt
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inLanguage	english

Why do we suffer? Is there a purpose to our pain? Reflecting on his own journey from *Esquire* magazine editor-in-chief to Buddhist meditation teacher, Phillip Moffitt provides a fresh perspective on the Buddha's ancient wisdom, showing how to move from suffering to new awareness and unanticipated joy. With a strong message of self-empowerment, *Dancing with Life* offers a prescriptive path for finding joy and peace that will appeal to anyone searching for a more authentic life.

Reader's comments

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