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| Livello bibliografico   | Monografia  |
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| Nota di contenuto       | Cover; Titelei; Impressum; Contents; Foreword; Introduction; 1. Health and the Wheel of Life; The Meaning of Life; The Wheel of Life; Health in Theravada Buddhism; 2. Illness, Disease and the Process of Life; Life in the Ultimate Level; The Ultimate Understanding of Health; The Ultimate Understanding of Disease; Mental Defilements as the Source of Disease; The Dissolving Character of the Mind; The Way of Disease; 3. The Mind, Mental Defilements, and the Rise of Disease; The Mind, Every Arising Mind, Mind-moment; Mental Defilements; A Group of Unwholesome Minds Rooted in Greed<br>A Group of Unwholesome Minds Rooted in Aversion<br>A Group of Unwholesome Minds Rooted in Delusion; The Rise of Disease; 4. Wholesome Mental Concomitants, Health, and the Round of Birth; Various Aspects of the Mind; Wholesome Mental Concomitants; The Process of Health; Health and the Round of Birth; 5. The Mind's Will, Mindfulness, and the Way to Health; The Mind's Paradoxical Nature; The Mind's Will; Mindfulness and Health; The Way to Health; Appendix A - Mental Concomitants; Appendix B - The Fourfold Foundation of Mindfulness |
| Sommario/riassunto      | The mind is hard to check, swift, flits wherever it listeth, the control of which is good; a controlled mind is conducive to happiness. The mind  |

is very hard to perceive, extremely subtle, flits wherever it listeth; let the wise person guard it; a guarded mind is conducive to happiness. The Dhammapada InhaltsverzeichnisContentsForewordIntroduction1 Health and the Wheel of LifeThe Meaning of LifeThe Wheel of LifeHealth in Therav? da Buddhism2 Illness, Disease and the Process of LifeLife in the Ultimate LevelThe Ultimate Understanding of HealthThe Ultimate Understanding of DiseaseMental Defilemen

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