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Autore	Sangiaco mo Andrea
Titolo	An introduction to friendliness (metta) : emotional intelligence and freedom in the Pali discourses of the Buddha / / Andrea Sangiacomo
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Descrizione fisica	1 online resource (378 pages)
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Sommario/riassunto	Friendliness (metta in Pali) is an emotional and intentional attitude of goodwill and non-aversion towards all sentient beings, including oneself. It is rooted in both feeling and understanding. In the Pali discourses of the Buddha, friendliness is repeatedly stressed and encouraged for its numerous benefits. It supports and develops a form of emotional intelligence and provides an ideal pathway to explore deeper aspects of one's experience and their philosophical implications. 0Friendliness is best understood not in isolation, but rather in the broader context of the Buddha's teachings. In that context, it plays an essential role as a catalyst for the unfolding of the whole Buddhist path. Friendliness, then, can be a particularly interesting thread to follow in order to unpack the meaning and practical implications of the core teachings conveyed in the discourses. This introduction combines meditation practice, philosophy, and the reading of ancient texts in order to show how friendliness can function both as an entry point to explore the landscape of the discourses, and how that same landscape unfolds from the perspective disclosed by friendliness.00Andrea Sangiacomo (1986) is Associate Professor of Philosophy at the Faculty of Philosophy at the University of Groningen,

where he currently teaches global hermeneutics and ancient Buddhist philosophy. His research interests include Western early modern philosophy and science, soteriological conceptions of selfhood in a cross-cultural perspective, and ancient Buddhist thought and practice.

2. Record Nr.	UNISALENTO991003276729707536
Autore	Kongresses "Stand und Aufgaben der Albanologie heute"
Titolo	Aspekte der Albanologie: Akten des Kongresses "Stand und Aufgaben der Albanologie heute" 3.-5. Oktober 1988, Universitat zu Koln
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Altri autori (Persone)	Breu, Walter Kodderitzsch, Rolf Sasse, Hans-Jurgen
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Autore	Tholen Albert D
Titolo	Report of the 74th National Conference on Weights and Measures 1989 // Albert D. Tholen, Carroll S. Brickenkamp, Ann Heffernan-Turner
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Descrizione fisica	1 online resource
Collana	NIST special publication ; ; 771
Altri autori (Persone)	BrickenkampC. S TurnerAnn H TholenAlbert D
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