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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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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.

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