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— Jack Kornfield, Bringing Home the Dharma: Awakening Right Where You Are "Because love, compassion, and joy can lead to excessive attachment, their warmth needs to be balanced with equanimity. Because equanimity can lead to excessive detachment, its coolness needs to be balanced with love, compassion, and joy.

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Therefore, Bringing Home the Dharma allows a reader to comprehend through these linked inclusions Dr. Kornfield's varied suggestions about how what may be learned on intensive retreats, or in a monastery as a monk or nun, strengthens the practice of those who may not have the luxury or the time to benefit from such intense, prolonged immersion into a total atmosphere of lived Buddhism.

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