



# Soul Food: Stories to Nourish the Spirit and the Heart

*Jack Kornfield*

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**Soul Food: Stories to Nourish the Spirit and the Heart** Jack Kornfield

Jack Kornfield and Christina Feldman serve up a delicious banquet of wise tales from the world's greatest spiritual traditions in the pages of this delightful collection. A feast filled with timeless moral and spiritual lessons, these lively tales and

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