

Contents

Preface ix

Introduction 1

Headaches and Healing

1. Letting Go of the Past 19
2. Our Wounds Will Heal Us 37
3. Waking Up to the Truth 55

Buddhist Lessons from the Bible

4. Face to Face with Jacob 93
5. Conceptual Thinking Banishes Us from Eden 125
6. Becoming Job: Going Beyond Words 157

Today

7. What Pain Can Teach Us 171
8. Finding Equanimity on the Massachusetts Turnpike 207

Appendix: Learning to Meditate 213

Bibliography 217

Suggested Reading 227

About the Author 233