

# Buoyancy Rather Than Burn Out In Our Lives

Krista Tippett interviews Roshi Joan Halifax

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It's easy to despair at all the bad news and horrific pictures that come at us daily. But Roshi Joan Halifax says this is a form of empathy that works against us. There's such a thing as pathological altruism. This zen abbot and medical anthropologist has nourishing wisdom as we face suffering in the world.

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<http://www.wnyc.org/story/joan-halifax--buoyancy-rather-than-burnout-in-our-lives>