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Real happiness the power of meditation pdf download

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I want to give it to everyone I know."- Mark Epstein, MD author of Thoughts without a Thinker and Going to Pieces without Falling Apart"We've seen a few attempts at such a complete teaching of the Buddhist meditation practice and way of life but none has accomplished the high skillfulness of Sharon Salzberg's remarkably clear transmission of the adventure of awakening. A 28-Day Plan for catching up with yourself by one of our most heartfelt teachers, a presence partially responsible for bringing Buddhism to the West. 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This is one of the great books on why and how to meditate."- Roshi Joan Halifax, Founding Abbot Upaya Zen Center"ln these pages, Sharon Salzberg lays out a step-by-step program for developing mindfulness, insight, and loving kindness in just 28 days—and for taking these practices into the rest of your life. A simple, straightforward way to learn the most essential practices of Buddhist meditation, from one of the most renowned meditation teachers in the West today."- Dzogchen Ponlop, author of Rebel Buddha: On the Road to Freedom"Real happiness and joy through the power of meditative awareness is precisely what beloved Buddhist teacher and pioneer Sharon Salzberg delivers to us in this welcome new contribution to the important emerging field of conscious evolution through attention training and wisdom development. Based upon and backed by ancient timeless contemplative tradition as well as modern neuroscientific research and experiential neuroDharma experiments, Sharon's four week program for developing insight meditation, mindfulness, and her specialty of loving-kindness clearly instructs and awakens us, leading step by step to the discovery of who we are, why we are here, and how to realize a more fulfilling life and more harmonious world. I heartily recommend this to anyone seeking self-realization and inner peace, well being and enlightenment." - Lama Surya Das"Salzberg speaks from experience...an extraordinary teacher." - O, The Oprah Magazine Alice Walker "Sharon Salzberg has offered a gift of peace to the world." —Alice Walker A New York Times best seller—now revised and updated with new exercises and guided meditations: "An inviting gateway to the interior territory of profound well-being and wisdom." —Jon Kabat-Zinn, author of Wherever You Go, There You Are From Sharon Salzberg, a pioneer in the field of meditation and world-renowned teacher acclaimed for her down-to-earth style, Real Happiness is a complete guide to starting and maintaining a meditation practice. Beginning with the simplest breathing and sitting techniques, and based on three key skills—concentration, mindfulness, and lovingkindness—it's a practice anyone can do and that can transform our lives by bringing us greater resiliency, creativity, peace, clarity, and balance. This updated 10th anniversary edition includes exercises, journal prompts, and ten guided meditations available for download online and through scannable QR codes.Sharon Salzberg is a pioneer in the field of meditation, a world-renowned teacher, and New York Times bestselling author. She has played a pivotal role in bringing meditation and mindfulness into mainstream American culture since 1974. Sharon is cofounder of The Insight Meditation Society in Barre, MA, and has authored 10 books, includ...Title:Real Happiness: The Power of Meditation: A 28-Day ProgramProduct dimensions:224 pages, 8 X 6 X 0.69 inShipping dimensions:224 pages, 8 X 6 X 0.69 inPublished:December 29, 2010Publisher:Workman Publishing CoAppropriate for ages:All ages real happiness the power of meditation pdf download

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