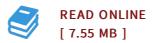




Real Happiness: The Power of Meditation: A 28-Day Program

By Sharon Salberg

Workman Publishing. Mixed media product. Book Condition: new. BRAND NEW, Real Happiness: The Power of Meditation: A 28-Day Program, Sharon Salberg, There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, one of the world's foremost meditation teachers and spiritual authors. Cofounder of the Insight Meditation Society, author of Lovingkindness, Faith, and other books, Ms. Salzberg distills 30 years of teaching meditation into a 28-day program that will change lives. It is not about Buddhism, it's not esoteric-it is closer to an exercise, like running or riding a bike. From the basics of posture, breathing, and the daily schedule to the finer points of calming the mind, distraction, dealing with specific problem areas (pain in the legs? falling asleep?) to the larger issues of compassion and awareness, REAL HAPPINESS is a complete guide. It explains how meditation works; why a daily meditation practice results in more resiliency, creativity, peace, clarity, and balance; and gives twelve meditation practices, including mindfulness meditation and walking meditation. An extensive selection of her students' FAQs cover the most frequent concerns of beginners who meditate- Is meditation selfish?A" How do I know if I'm doing it right?A"...



Reviews

The ebook is simple in go through safer to understand. I could possibly comprehended every thing out of this composed e pdf. Its been designed in an exceptionally basic way in fact it is only soon after i finished reading this pdf by which actually altered me, modify the way i really believe.

This ebook is amazing. It can be rally interesting through looking at time. You may like how the author compose this ebook.

-- Nikko Bashirian