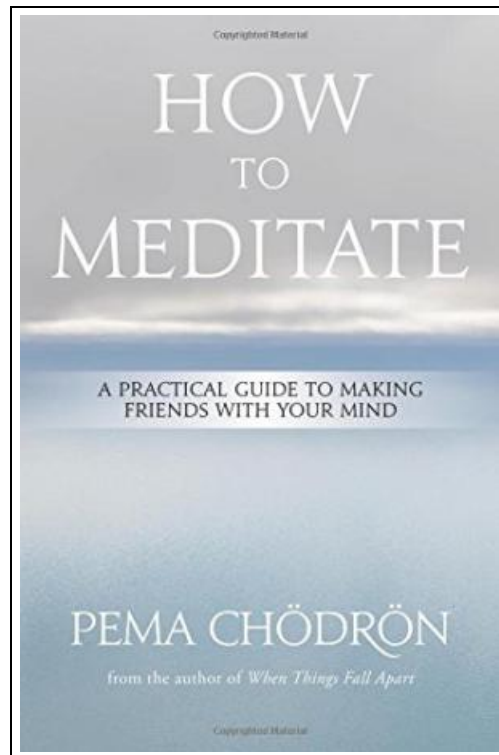


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SOUNDS TRUE INC, United States, 2013. Hardback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. \*\*\*How to Meditate Has Been Named One of Library Journal's Best Books of 2013\*\*\* Pema Chodron is treasured around the world for her unique ability to transmit teachings and practices that bring peace, understanding, and compassion into our lives. With How to Meditate, the American-born Tibetan nun presents her first book exploring in depth what she considers the essentials for a lifelong practice. When we look for a meditation teacher, we want someone who has an intimate knowledge of the path. That's why so many have turned to Pema Chodron, whose gentle yet straightforward guidance has been a lifesaver for both first-time and experienced meditators. With How to Meditate, the American-born Tibetan Buddhist nun presents her first book that explores in-depth what she considers the essentials for an evolving practice that helps you live in a wholehearted way. More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover: The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness The Seven Delights-how moments of difficulty can become doorways to awakening and love .Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises Thoughts and emotions as sheer delight -instead of obstacles-in meditation Here is an indispensable book from the meditation teacher who remains a first choice for students the world over. Pema...



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