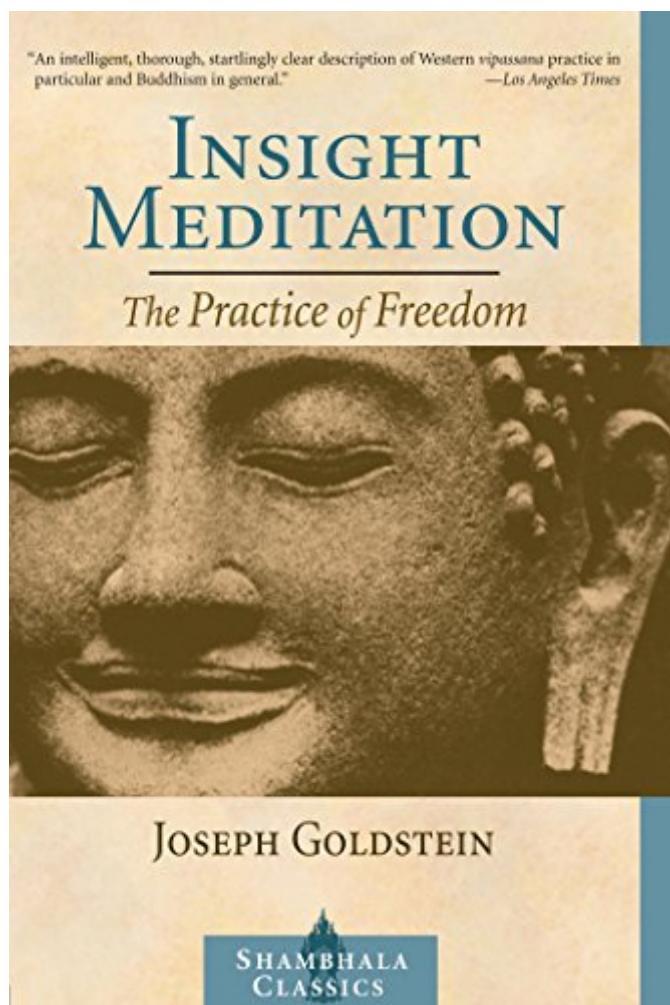


The book was found

Insight Meditation: A Psychology Of Freedom (Shambhala Classics)



Good guide to the practice on insight mediation - particularly strong on how pushing uncomfortable feelings emotionally (called aversion by Goldstein) can be worked with in meditation. 4 stars not 5 because I am more familiar with , and feeling a stronger connection to, the work of Jack Kornfield. I'm also not a huge fan of the aphoristic style of writing - the book has a lot of one and two page chapters.

For years I have had been studying and practicing meditation. This book clearly addresses the milestones and benefits of practicing meditation. The book is an excellent resource that I am sure I will referring to and sharing with others for years to come. A must have for anyone interested in understanding and gaining insights into themselves.

A very practical introduction to meditation based on Buddhist teachings. I read this as a library book and then gifted a copy to my son.

Very powerful and necessary read for anyone beginning or expanding on their mindfulness.

While not as daunting as some of the meditation related books I've checkout out lately, Joseph Goldstein's books are definitely not for the casual reader, or even 'serious beginners' (the Ven. Henepole Guratana's book, "Mindfulness in Plain English," is the one I'd recommend in that case). That said, once a person's started a daily practice, and are trying to understand the nut's and bolts of working with one's thoughts, or sitting with difficult emotions, Goldstein's books are invaluable, providing the knowledge and inspiration to keep at it, esp. when, one's, "internal weather" gets rough. (Also, check out his dharma talks & guided meditations at dharmaseed.org).

Very good introduction to meditation

Another excellent publication expressing so simply the wisdom of Goldstein and his insightful and straightforward explanations of Buddhism. I do, however, prefer his earlier text; *The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation* (1976)

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