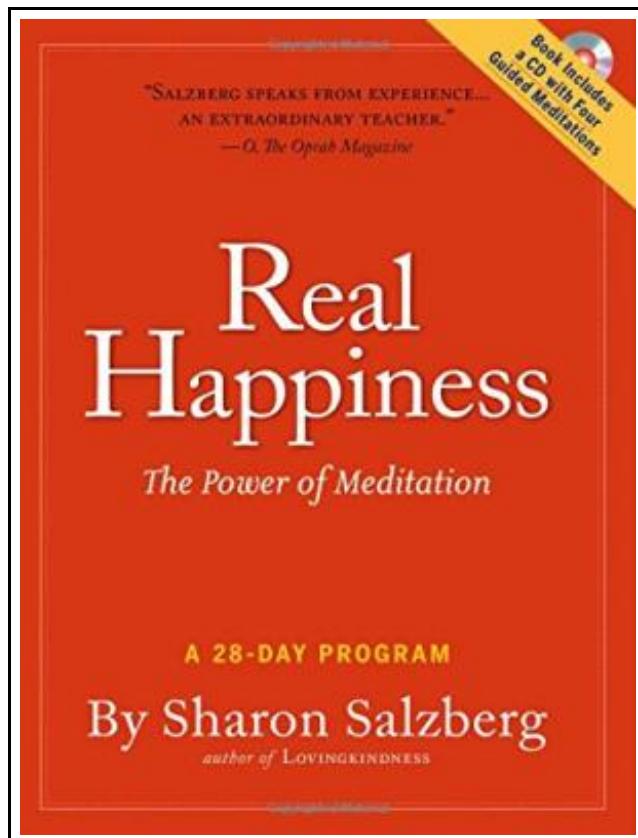


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Workman Publishing. Mixed media product. Book Condition: new. BRAND NEW, Real Happiness: The Power of Meditation: A 28-Day Program, Sharon Salberg, There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, 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? How do I know if I'm doing it right? Can I use meditation to manage weight?.

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