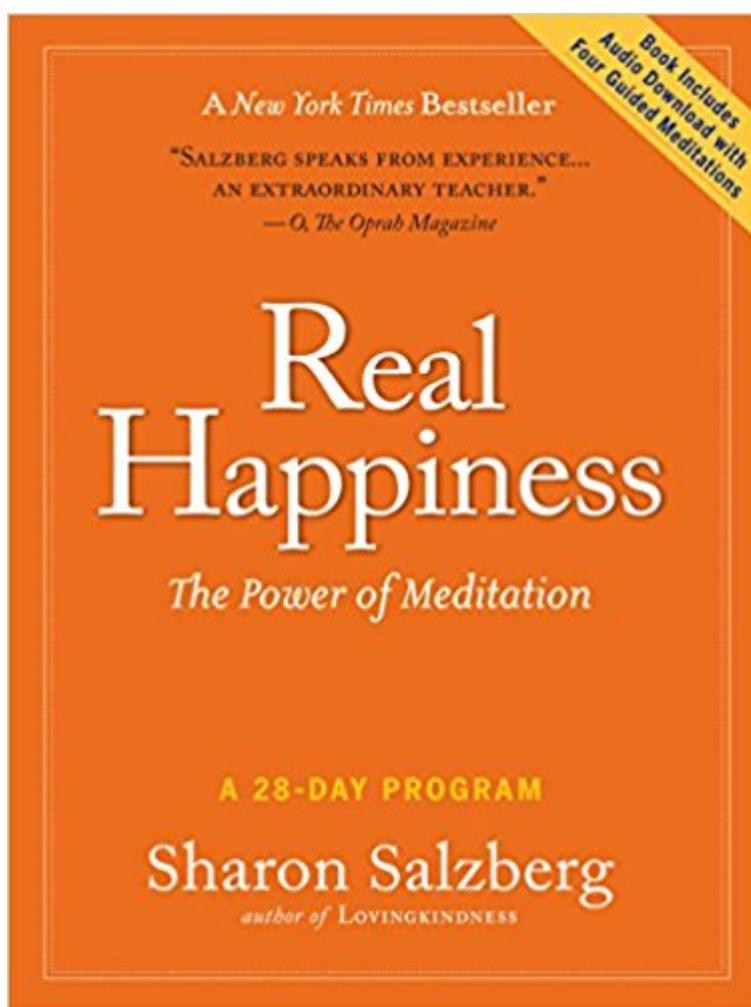


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# Real Happiness: The Power Of Meditation: A 28-Day Program



## Synopsis

Thousands of years prove it, and Western science backs it: Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress. Meditation helps us experience greater calm. Meditation connects us to our inner-most feelings and challenges our habits of self-judgment. Meditation helps protect the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness. 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?"

## Book Information

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## Customer Reviews

“Salzberg speaks from experience—an extraordinary teacher.” - Robert Thurman, PhD, author of *Inner Revolution* and *Infinite Life: Awakening the Bliss Within* --This text refers to an out of print or unavailable edition of this title.

I usually spend some time discussing meditation with several of my Psychology classes, and the more interested students often ask for additional information (readings, audio tapes, etc.). I usually reply that there are a number of good resources available, but I finally found one that I can enthusiastically recommend without reservation. Sharon Salzberg's book describes everything from meditation (breathing, walking, body scanning, even drinking tea) to mindfulness (emotions, dealing with thoughts and feelings via recognition, acceptance, investigation and nonidentification) to loving-kindness meditation (cultivating compassion and true happiness, paying attention to ourselves and others with interest and care). She introduces a 28-day guided program of 20 minute meditation sessions. There is an extended discussion of the benefits of meditation. The book also comes with a CD with four guided meditations, which is among the best I've listened to. The book is what I've come to expect from Salzberg. Highly recommended!

I would recommend this book to anyone who would like to learn about meditation or is starting a meditation practice. Excellent resource, easy to read, understand and follow.

I bought this for a class that I took & it's a good book. I'm glad it came with the CD.

Some helpful thoughts for why meditation works and how to get started.

I highly recommend this book as a good intro to meditation, it takes away the mystery and gives good help to start a practice. The CD is the best thing about it!!

great book on meditation. Easy to digest, simple to understand. highly recommended to give it a read and practice meditation via the download audio link.

My therapist recommended that I read this book, and I've found it extremely helpful. Sharon Salzberg is a master of her chosen art.

This book is the perfect guide for the new meditator.

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