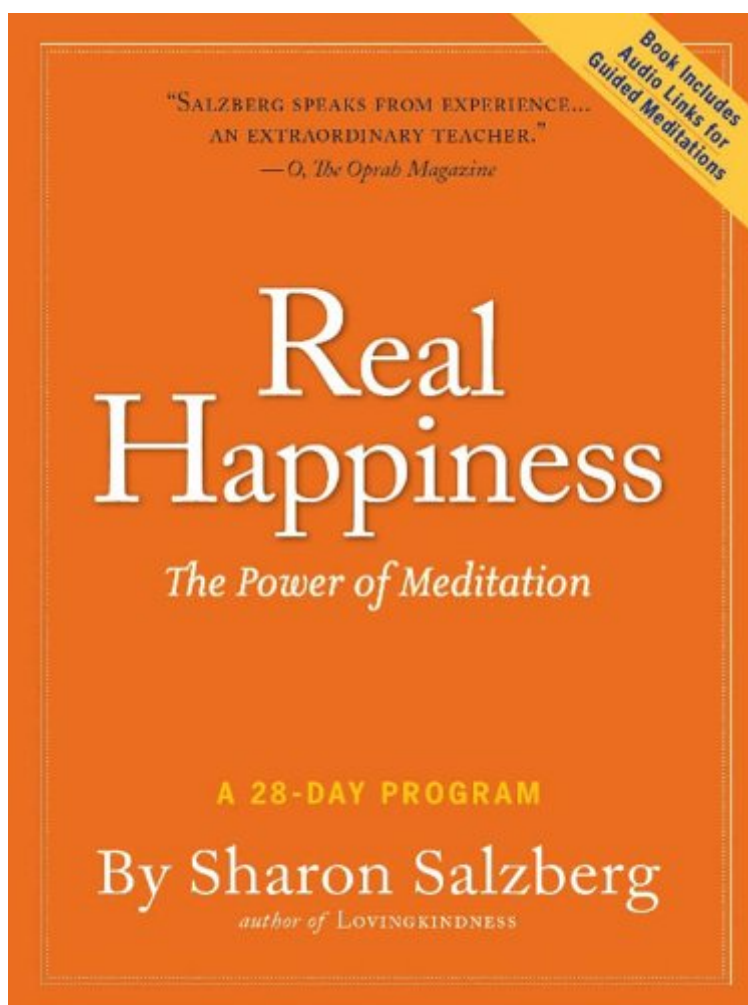


The book was found

# Real Happiness: The Power Of Meditation



## Synopsis

Meditation helps us defuse stress, experience greater tranquility, find a sense of wholeness, strengthen our relationships, and face our fears. Meditation helps sharpen focus, lower blood pressure, and reduce chronic pain. Meditation helps protect the brain against aging and improves our capacity for learning new things. And it's as easy as sitting down and taking a breath.

## Book Information

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## Customer Reviews

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!

Meditation is not just thinking as I was taught for years when I was going to the LDS church. This book explains what true meditation is and true meditation can bring a person much happiness. This book gave an accurate description of how to focus on breath and loving kindness mantras to help calm the habitual thoughts of the mind. This book also stated the benefits one can reap from meditating. Loved this book. Love how meditation has benefited me.

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.

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