

Mindfulness: A Practical Guide to Awakening

By Joseph Goldstein

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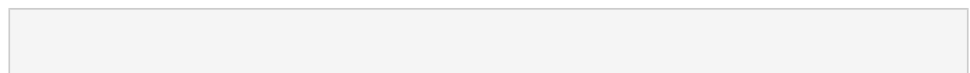
Mindfulness: A Practical Guide to Awakening By Joseph Goldstein

The mind contains the seeds of its own awakening—seeds that we can cultivate to bring forth the fruits of a life lived consciously. With *Mindfulness*, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom.

Goldstein's source teaching is the *Satipatthana Sutta*, the Buddha's legendary discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana (or insight meditation) found today. Exquisite in detail yet wholly accessible and relevant for the modern student, *Mindfulness* takes us through a profound study of:

- Ardency, clear knowing, mindfulness, and concentration—how to develop these four qualities of mind essential for walking the path wisely
- The *Satipatthana* refrain?how deeply contemplating the four foundations of mindfulness opens us to bare knowing and continuity of mindfulness
- Mindfulness of the body, including the breath, postures, activities, and physical characteristics
- Mindfulness of feelings—how the experience of our sense perceptions influences our inner and outer worlds
- Mindfulness of mind—learning to recognize skillful and unskillful states of mind and thought
- Mindfulness of *dhammas* (or categories of experience), including the Five Hindrances, the Six Sense Spheres, the Seven Factors of Awakening, and much more

"There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways," writes Goldstein. In *Mindfulness* you have the tools to mine these riches for yourself.



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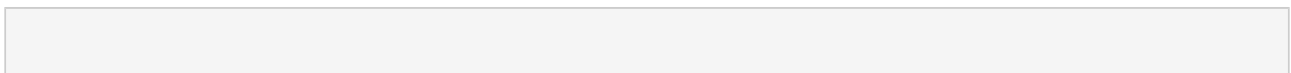
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- Sales Rank: #320378 in Books
- Published on: 2013-11-01
- Released on: 2013-11-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.25" w x 1.25" l, 1.70 pounds
- Binding: Hardcover
- 480 pages



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Editorial Review

Review

"Mindfulness seems to be everywhere these days. It's clear the ideas associated with it provide helpful direction for dealing with things like addiction, emotional imbalance, and recovery from abuse. Joseph Goldstein, a leading meditation teacher and retreat leader, has put together a discussion of mindfulness in the context of its Buddhist origins, bringing it back to its relevance as a tool for spiritual awakening. Goldstein offers clearly-written discussions of things like awareness of motivation, sustainable application of effort, wholesome recollection, continuity of mindfulness, contemplating impermanence, personalizing difficulties, doubt disguised as wisdom, and mindful listening. The language of the book is down-to-earth and compassionately supportive. Non-English terms are carefully explained and used sparingly. This is a serious, yet very readable text, rooted in traditional, scholarly Buddhist philosophy without distancing itself from lay readers. Let your customers know that the welcoming tone of the writing creates the experience of opening a window and breathing in fresh air."

—**Anna Jedrzewski**, *Retailing Insight*

"A major contribution to the clarifying and deepening of our understanding of mindfulness and its traditional Dharma roots."

—**Jon Kabat-Zinn**, author of *Full Catastrophe Living* and *Mindfulness for Beginners*

"Author Joseph Goldstein, one of the most wise, lucid, and experienced teachers of our times, has written a book on mindfulness that calls forth the depth and power of classical Buddhist teachings. If you are drawn to meditation out of a longing to realize spiritual freedom, this book will be a cherished resource on your path."

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

"Joseph Goldstein has written an immensely clear, practical, and accessible guide to living a mindful life. From examining its roots to exploring its manifold expressions, this deeply significant work shows the path for mindfulness to become our closest friend. I feel like I've waited a long time for a book just like this, and here it is!"

—**Sharon Salzberg**, author of *Lovingkindness* and *Real Happiness: The Power of Meditation*

"In eloquent and compelling detail by a master of the art, Goldstein's new book shows how mindfulness leads to calm, well-being, and the joy of self-realization. The most complete and understandable book on mindfulness in print."

—**Reggie Ray**, author of *Touching Enlightenment* and *Mahamudra for the Modern World*

"Useful advice that can help any meditator, no matter where they are on the path. Mindfulness should become an instant classic."

—**Daniel Goleman**, author of *Emotional Intelligence*

"Lucid, clear, enormously helpful, a wise and mature vision of Buddhism."

—**Jack Kornfield**, author of *A Path With Heart*

"America is damn lucky there is a Joseph. He has shepherded Western Buddhism in his ever-expanding teachings . . ."

—**Stephen Levine**, author of *Turning Toward the Mystery*

About the Author

Joseph Goldstein

Joseph Goldstein has been leading insight and lovingkindness meditation retreats worldwide since 1974. He is a cofounder of the Insight Meditation Society, the Barre Center for Buddhist Studies, and the Forest Refuge. Since 1967, he has studied and practiced different forms of Buddhist meditation under eminent teachers from India, Burma, and Tibet. His books include *A Heart Full of Peace*, *One Dharma*, *Insight Meditation*, and *The Experience of Insight*.

Users Review

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Cora Spillane:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a guide. The book *Mindfulness: A Practical Guide to Awakening* it is quite good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book features high quality.

David Burch:

Reading can called thoughts hangout, why? Because when you find yourself reading a book especially book entitled Mindfulness: A Practical Guide to Awakening your brain will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every word written in a reserve then become one contact form conclusion and explanation this maybe you never get previous to. The Mindfulness: A Practical Guide to Awakening giving you one more experience more than blown away your head but also giving you useful info for your better life in this particular era. So now let us show you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

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