



Insight Meditation: A Psychology of Freedom (Shambhala Classics)

By Joseph Goldstein

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The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

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Editorial Review

Review

"An intelligent, thorough, startlingly clear description of Western *vipassana* practice in particular and Buddhism in general."—*Los Angeles Times*

"Goldstein's years of experience in leading Buddhist retreats render this a wise and mature book of interest not only to Westerners but also to others open to learning about Buddhist practice and insight into the interconnectedness of all life. Highly recommended."—*Library Journal*

"*Insight Meditation* will be welcomed by all those who wish to extend and deepen their commitment to a life of mindfulness."—Jon Kabat-Zinn, author of *Wherever You Go, There You Are*

"Wise and practical guidance for anyone who seeks to free the mind through meditation."—Daniel Goleman, author of *Emotional Intelligence*

From the Inside Flap

The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by mediators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

About the Author

Joseph Goldstein has been leading insight meditation retreats worldwide since 1974. He is a co-founder of the Insight Meditation Society in Barre, Massachusetts, where he is one of the resident guiding teachers. He first became interested in Buddhism as a Peace Corps volunteer in Thailand.

Users Review

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