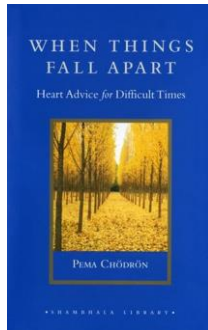
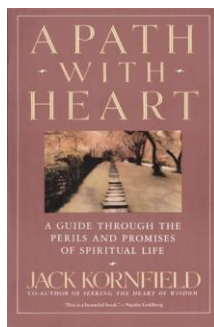


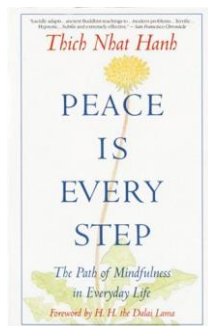
Books for Beginners (and we're all beginners)



When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron
Pema Chodron is a remarkable Western Buddhist nun with a great gift of touching one's heart while showing us how to overcome difficulties. This book demonstrates that there is a fundamental opportunity for happiness right within our reach, yet we usually miss it—ironically while we are caught up in attempts to escape pain and suffering. The approach to suffering which has lasting benefit, Pema teaches, involves moving toward painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation.

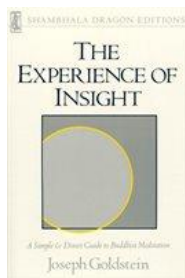


A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life by Jack Kornfield
Jack Kornfield is an internationally renowned Buddhist teacher and meditation master, and a cofounder of the Insight Meditation Society and of Spirit Rock Center in Northern California. **A Path with Heart** is a guide to reconciling Buddhist spirituality with the North American way of life and addresses the challenges of spiritual living in the modern world. It offers guidance for bringing a sense of the sacred to everyday experience.



Peace Is Every Step: The Path of Mindfulness in Everyday Life by Thich Nhat Hanh

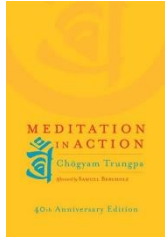
Thich Nhat Hanh is a Vietnamese Buddhist monk, poet, and peacemaker who was nominated by Dr. Martin Luther King Jr. for the Nobel Peace Prize. Lucidly and beautifully written, **Peace Is Every Step** contains commentaries and meditations, personal anecdotes and stories from Nhat Hanh's experiences as a peace activist, teacher, and community leader. It begins where the reader already is—in the kitchen, office, driving a car, walking a part—and shows how deep meditative presence is available now. Nhat Hanh provides exercises to increase our awareness of our own body and mind through conscious breathing. This book is short and easy to read, but it is rich with profound, yet simple reminders for us to come back to the present moment.



The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation by Joseph Goldstein

Joseph Goldstein began exploring meditation as a Peace Corps volunteer in Thailand. Following extended meditation retreats with various teachers in India and Burma, including the renowned Buddhist meditation master Anagarika Sri Munindra, he cofounded the Insight Meditation Society in Barre, Massachusetts. This book is a compilation of some of the teachings given during his retreats. It covers the basics of practicing meditation and offers simple

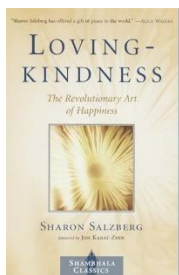
explanations and stories illustrating the truth and profundity of the Buddha's teachings. It is a modern classic of unusually clear, practical instruction for the practice of Buddhist meditation: sitting and walking meditation, how one relates with the breath, feelings, thought, sense perceptions, consciousness, and everyday activities.



Meditation in Action by Chögyam Trungpa

Chögyam Trungpa (1940–1987), Tibetan meditation master, teacher, and artist, founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books. This classic teaching continues to inspire both beginners and long-time practitioners of Buddhist meditation.

Trungpa shows that meditation extends beyond the formal practice of sitting to build the foundation for compassion, awareness, and creativity in all aspects of life. He explores the six activities associated with meditation in action—generosity, discipline, patience, energy, clarity, and wisdom—revealing that through simple, direct experience, one can attain real wisdom: the ability to see clearly into situations and deal with them skillfully, without the self-consciousness connected with ego.



Loving-Kindness: The Revolutionary Art of Happiness by Sharon Salzberg

Sharon Salzberg is one of America's leading spiritual teachers and authors. A practitioner of Buddhist meditation for over thirty years, she is a co-founder of the Barre Center for Buddhist Studies and the Insight Meditation Society.

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can also awaken in us the desire for freedom and the willingness to take up the spiritual path. The Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others.