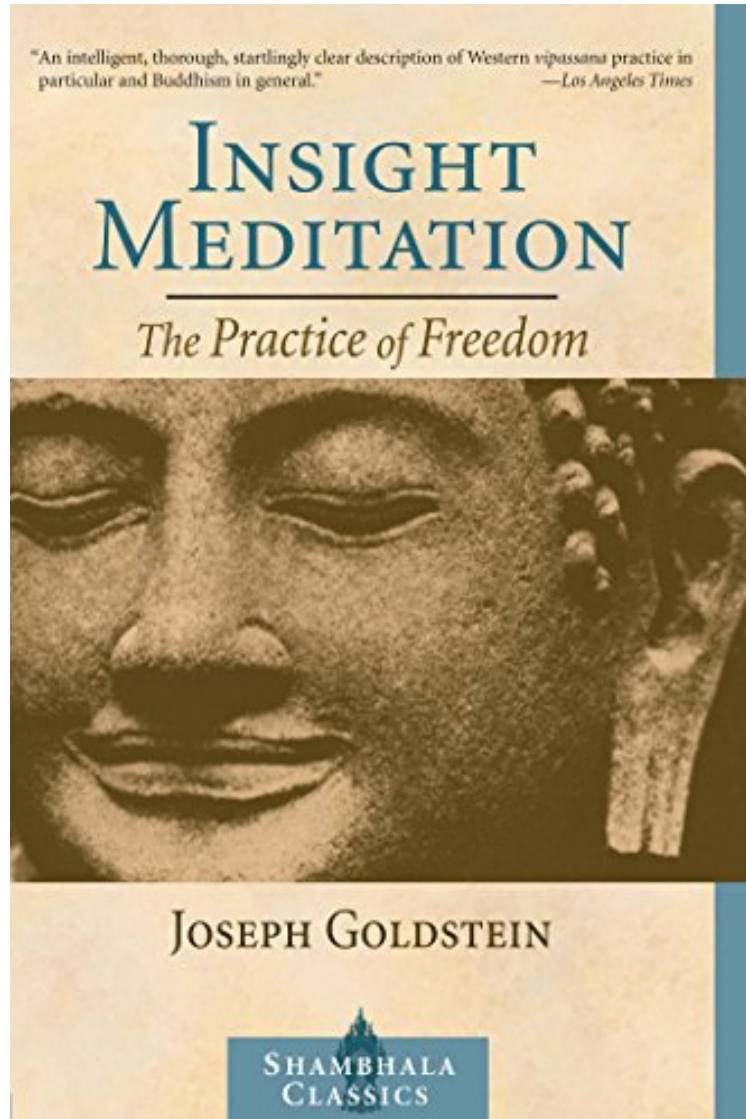


(Download pdf) Insight Meditation: A Psychology of Freedom (Shambhala Classics)

Insight Meditation: A Psychology of Freedom (Shambhala Classics)

Von Joseph Goldstein

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Von Joseph Goldstein : Insight Meditation: A Psychology of Freedom (Shambhala Classics) before purchasing it in order to gage whether or not it would be worth my time, and all praised Insight Meditation: A Psychology of Freedom (Shambhala Classics):

KundenrezensionenHilfreichste Kundenrezensionen0 von 1 Kunden fanden die folgende Rezension hilfreich. Insight Meditation von GoldsteinVon DietscheIch habe dieses Buch gekauft, um einen Vergleich von einem asiatischen Lehrer zu einem westlichen Lehrer zu haben.Meine Meinung war, ein westlicher Buchschreiber sieht das Ganzes aus einer anderen Perspektive. Diese Erwartung wurdejedoch nicht erflft.Um Klassen besser ist das Buch : How to

Meditate von Kathleen McDonald aus Kalifornien. 5 von 5 Kunden fanden die folgende Rezension hilfreich. Terrific introduction to meditation
Von Ein Kunde
I have a very busy life and need a way to relax. I thought meditation would be a good way to do it. After all, in all those kung-fu movies the star meditates before the big fight and seems to be pretty relaxed. The problem is, I didn't know how to meditate. What am I supposed to think about? Do I have to sit like a pretzel and starve myself? What does "ummmmmmmmm" mean? Will I end up looking like Buddha? So I found this book, "Insight Meditation, The Practice of Freedom". I sort of expected it to be just a bunch of mumbo-jumbo Confucius sayings and daiku poems that make no sense to anyone but the writer. "Lotus blossoms floating on a stream" doesn't tell me anything. But what I found when I read it is good, simple instruction on how to meditate and what it can do for you. Plus a few mumbo-jumbo sayings and daiku poems, but most of them make sense. It is all based on Buddhism, but anyone can use the techniques. I've been practicing them and can say that it really has made a difference for me; I haven't had the urge to buy an automatic weapon for weeks. I recommend this book for anyone looking for peace of mind. I personally will be reading Mr. Goldstein's other manuals for even more details. He's a great teacher.
3 von 3 Kunden fanden die folgende Rezension hilfreich. Wonderful Insight
Von Bree Patrick Luck
I have read quite a few books on meditation, but this one has actually helped me to dig a little deeper past western thought, to understand the nature and philosophies of buddhism. I tore through this book- even missed a subway stop because I couldn't stop reading in the middle of the section on karma (go figure). In addition, I'm actually learning to be mindful - to see things differently. This book is, as its title suggests, insightful. Moreover, it is wonderful, in the true sense of wonder.

Kurzbeschreibung
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.
Pressestimmen
"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*
Kurzbeschreibung
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.