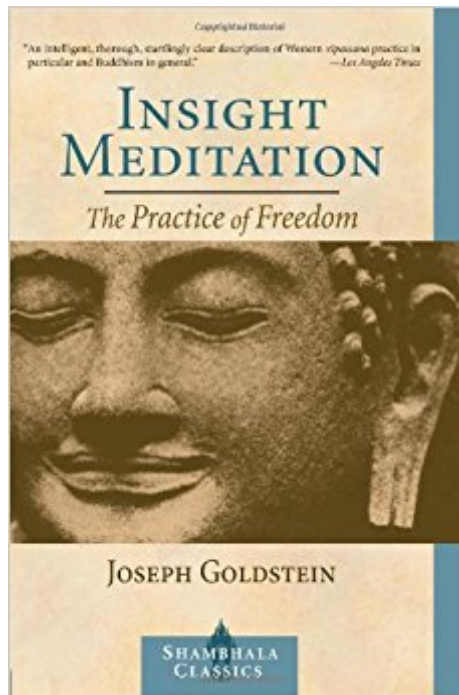


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Insight Meditation: The Practice Of Freedom



Synopsis

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.

Book Information

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Average Customer Review: 4.8 out of 5 stars 55 customer reviews

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Customer Reviews

"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](#)

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.

His second book, *Insight Meditation*, is my preferred read and the one that I buy for other beginning meditators. It is written some 16 years later and shows his ability to polish himself into a more flowing and engaging author, his progress as a meditator, and his deep engagement with the Dharma that underlies his dedication and his efforts. He is a serious Dharma practitioner; this book is not adulterated with contemporary philosophies. He communicates how the timeless and powerful principles taught by the Buddha can lead us toward total freedom within this lifetime.

Good guide to the practice on insight mediation - particularly strong on how pushing uncomfortable feelings emotionally (called aversion by Goldstein) can be worked with in meditation. 4 stars not 5 because I am more familiar with , and feeling a stronger connection to, the work of Jack Kornfield. I'm also not a huge fan of the aphoristic style of writing - the book has a lot of one and two page chapters.

For years I have had been studying and practicing meditation. This book clearly addresses the milestones and benefits of practicing meditation. The book is an excellent resource that I am sure I will referring to and sharing with others for years to come. A must have for anyone interested in understanding and gaining insights into themselves.

A very practical introduction to meditation based on Buddhist teachings. I read this as a library book and then gifted a copy to my son.

Very powerful and necessary read for anyone beginning or expanding on their mindfulness.

While not as daunting as some of the meditation related books I've checkout out lately, Joseph Goldstein's books are definitely not for the casual reader, or even 'serious beginners' (the Ven. Henepole Guratana's book, "*Mindfulness in Plain English*," is the one I'd recommend in that case). That said, once a person's started a daily practice, and are trying to understand the nut's and bolts of working with one's thoughts, or sitting with difficult emotions, Goldstein's books are invaluable, providing the knowledge and inspiration to keep at it, esp. when, one's, "internal weather" gets rough. (Also, check out his dharma talks & guided meditations at dharmaseed.org).

Very good introduction to meditation

Another excellent publication expressing so simply the wisdom of Goldstein and his insightful and straightforward explanations of Buddhism. I do, however, prefer his earlier text; *The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation* (1976)

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