



Insight Meditation: The Practice of Freedom

By Joseph Goldstein

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Insight Meditation: The Practice of Freedom By Joseph Goldstein

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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Insight Meditation: The Practice of Freedom By Joseph Goldstein Bibliography

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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 meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

About the Author

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. He has taught numerous meditation classes, workshops, and retreats in America and abroad over the last eight years and is one of the founders and primary teachers of the Insight Meditation Society in Barre, Massachusetts. He is also the author of *The Experience of Insight*, *Insight Meditation*, *One Dharma* and coauthor of *Seeking the Heart of Wisdom*.

Users Review

From reader reviews:

Frances Lawler:

The feeling that you get from *Insight Meditation: The Practice of Freedom* may be the more deep you excavating the information that hide within the words the more you get considering reading it. It does not mean that this book is hard to be aware of but *Insight Meditation: The Practice of Freedom* giving you buzz feeling of reading. The article author conveys their point in specific way that can be understood through anyone who read that because the author of this guide is well-known enough. This specific book also makes your personal vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having this particular *Insight Meditation: The Practice*

of Freedom instantly.

Brian Smith:

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Tammy Jones:

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