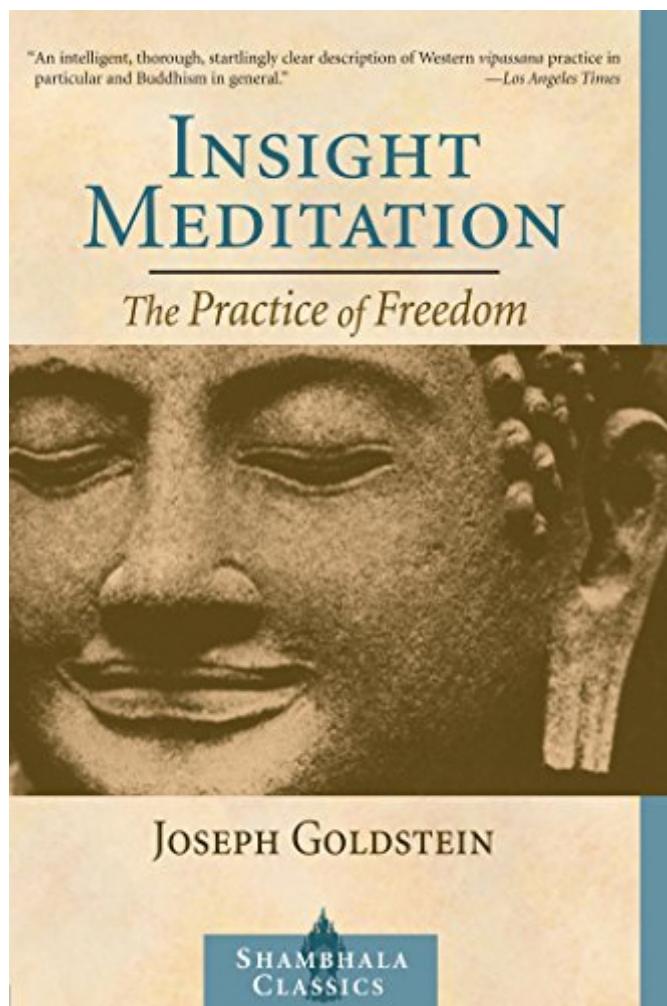


The book was found

# Insight Meditation: A Psychology Of Freedom (Shambhala Classics)



## **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**

File Size: 656 KB

Print Length: 179 pages

Publisher: Shambhala (March 25, 2003)

Publication Date: March 25, 2003

Sold by: Penguin Random House Publisher Services

Language: English

ISBN-10: 1590300165

ISBN-13: 978-1590300169

ASIN: B006YDIYNC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #72,986 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Theravada #29 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Rituals & Practice #31 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada

## **Customer Reviews**

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 checked out lately, Joseph Goldstein's books are definitely not for the casual reader, or even 'serious beginners' (the Ven. Henepola Gunaratana'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 nuts 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)

[Download to continue reading...](#)

*Insight Meditation: A Psychology of Freedom (Shambhala Classics)* *Seeking the Heart of Wisdom: The Path of Insight Meditation (Shambhala Classics)* *Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics)* *The Myth of Freedom and the Way of Meditation*

(Shambhala Classics) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Hagakure (Shambhala Pocket Classic): The Book of the Samurai (Shambhala Pocket Classics) Shambhala: The Sacred Path of the Warrior (Shambhala Classics) The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation (Shambhala Dragon Editions) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginnerâ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Insight Travel Map: Norway (Insight Travel Maps) 4th (fourth) Edition published by Insight Maps (2013) Barbados Insight Guide (Insight Guides) (Insight Guides) Dusseldorf Insight Guide (Insight Guides) (Insight City Guides) Insight Meditation: The Practice of Freedom T'ai Chi Classics (Shambhala Classics) Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice (Shambhala Library) Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. ( dark psychology, mind control, hypnosis, forbidden psychology, manipulation) The Places that Scare You: A Guide to Fearlessness in Difficult Times (Shambhala Classics) When Things Fall Apart: Heart Advice for Difficult Times (Shambhala Classics)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)