

Real Happiness: The Power of Meditation: A 28-Day Program, Regular Version / 9780761164036 / Workman Publishing, 2010 / Sharon Salzberg / 2010 / 224 pages

Meditation for seeing the good within. The second edition includes a new introduction by the author, plus exercises for engaging the senses, for reclaiming our space, for exchanging the narrative to find a more compassionate view and journal prompts to inspire reflection. And throughout, there are ten guided meditations recorded by Sharon and available as downloads through links embedded in scannable QR codes, so readers can start meditating right then and there. 1 / 1. Real Happiness - Sharon Salzberg.epub. Save for Later Save Real Happiness: The Power of Meditation: A 28-Day Program, Regular Version For Later. Create a List. Download to App. Meditation helps protect the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness. There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, one of the world's foremost meditation teachers and spiritual authors. Cofounder of the Insight Meditation Society, author of Lovingkindness, Faith, and other books, Ms. Salzberg distills 30 years of teaching meditation into a 28-day program that will change lives. It is not about Buddhism, it's not esoteric it is closer to an exerc CD: Guided meditations for real happiness (67:44). Breathing meditation : introduction (2:50) -- Breathing meditation (14:28) -- Alternate breathing meditation (1:22) -- Walking meditation : introduction (3:25) -- Walking meditation (11:05) -- Meditation on emotions : introduction (3:23) -- Meditation on emotions (12:39) -- Lovingkindness meditation : introduction (4:48) -- Lovingkindness meditation (15:04). This book describes meditation, mindfulness, and the benefits of meditation, and includes a guided program of meditation sessions. Access-restricted-item. true.