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Mindfulness: A Practical Guide to Awakening, by Joseph Goldstein: Our sangha is studying the Satipatthana Sutta, and I was looking for a book to augment another translation and commentary. Goldstein's commentary is practical and breaks down the various aspects of mindfulness practice into short sections,...

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Mindfulness: A Practical Guide to Awakening - Kindle ...

Bringing mindfulness back to its Buddhist origins, Goldstein opens up the Satipatthana Sutta in a comprehensive, interesting and practical manner that informs and inspires. Sharing insights and many helpful hints that have helped shape his own practice, this will help others make mindfulness a life practice.

Mindfulness: A Practical Guide to Awakening by Joseph ...

His newest, to be published November 1, is Mindfulness: A Practical Guide for Awakening. While his earlier books focused on various teachings about meditation and other insight practices, distilling the Buddha's teachings as he learned them from his teachers, Munindra, Goenka, and Sayadaw U Pandita,...

Mindfulness: A Practical Guide to Awakening

- Mindfulness of dhammas (or categories of experience), including the Five Hindrances, the Six Sense Spheres, and the Seven Factors of Awakening "There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways," writes Goldstein. In Mindfulness you have the tools to mine these riches for yourself.

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Peace), cofounder of the Insight Meditation Society, is one of the more prominent and visible U.S. exponents of Buddhism in the Theravada tradition.

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