



Mindfulness



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Mindfulness

Joseph Goldstein

Mindfulness Joseph Goldstein

From education and medicine to business and politics, we are in the midst of a great flowering of mindfulness. And with each new application we find for it, priceless benefits emerge. Yet the original purpose of mindfulness has remained throughout the centuries: spiritual awakening. With Mindfulness, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom.

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530 pages

About the Author

Joseph Goldstein is a cofounder of the Insight Meditation Society in Barre, Massachusetts, where he is one of the resident guiding teachers. He is the author of *The Experience of Insight* and *Insight Meditation* and has coauthored books with both Sharon Salzberg and Jack Kornfield. He has studied and practiced meditation since 1967 under the guidance of eminent teachers from India, Burma, and Tibet. He lectures and leads retreats around the world.

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