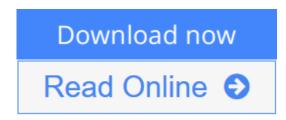


### **Quiet Mind: A Beginner's Guide to Meditation**

By Sharon Salzberg, Sakyong Mipham, Tulku Thondup, Larry Rosenberg



**Quiet Mind: A Beginner's Guide to Meditation** By Sharon Salzberg, Sakyong Mipham, Tulku Thondup, Larry Rosenberg

This unique book-and-audio program brings together some of the country's most beloved meditation teachers. Each contributor presents a short written teaching along with an audio recording of a guided practice. *Quiet Mind* features:

- Sakyong Mipham on *shamatha*, the practice of tranquillity
- Larry Rosenberg on vipassana, the practice of clear seeing
- Edward Espe Brown on zazen, the practice of freedom
- Sharon Salzberg on metta, the practice of lovingkindness
- Judith Lief on tonglen, the practice of transformation
- Tulku Thondup on healing the body and mind through meditation
- Yoga teacher Richard Faulds on the link between yoga and meditation

Includes a 78-minute CD.



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## Quiet Mind: A Beginner's Guide to Meditation By Sharon Salzberg, Sakyong Mipham, Tulku Thondup, Larry Rosenberg Bibliography

Sales Rank: #81878 in Books
Brand: Brand: Shambhala
Published on: 2008-10-14
Released on: 2008-10-14
Format: Audiobook

• Original language: English

• Number of items: 1

• Dimensions: 6.56" h x .60" w x 5.80" l, .54 pounds

• Binding: Hardcover

• 128 pages

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About the Author

Susan Piver is an author and meditation instructor whose books include *How Not to Be Afraid of Your Own Life*, *The Wisdom of a Broken Heart*, and the *New York Times* best-seller *The Hard Questions*. She has appeared on *Oprah*, *The Today Show*, the *CBS Early Show*, *The Tyra Banks Show*, and other national television programs in connection with her books. She leads workshops and retreats around the country on living an awakened life.

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