



The Art and Skill of Buddhist Meditation: Mindfulness, Concentration, and Insight (Paperback)

By Richard Shankman

New Harbinger Publications, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. In our busy modern world, it's easy to get stressed out. In *The Art and Skill of Buddhist Meditation*, mindfulness teacher Richard Shankman offers a foundational guide to the art and skill of Buddhist meditation, showing you how to construct a calming daily practice that unifies two major Vipassana Buddhist traditions: concentration meditation and insight meditation. Whether you are a beginning or intermediate student of Buddhism, this book provides a user-friendly meditation regime. New readers are presented with a strong foundation in multiple meditation approaches, while those who've been training for a while will be able to better integrate what they've already learned with new and unfamiliar approaches drawn from other streams of Buddhist thought. This new, integrative, and simple approach to meditation will help you to better manage stress, quiet your busy mind, and cultivate a lasting sense of well-being.



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