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October 14, 2008 by Sharon Salzberg (Author), Sakyong Mipham
(Author), Tulku Thondup (Author), 4.6 out of 5 stars 91 ratings See
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"Quiet Mind A Beginner's Guide to Meditation" is a unique book
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book enables the reader to get a short overview of each style and a
sense of what approach would best meet one's needs. I would highly
recommend this book.

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Each contributor presents a short written teaching along with an audio recording of a guided practice. Quiet Mind features:

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Quiet Mind: A Beginner's Guide to Meditation. Paperback – Oct.
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Tulku Thondup (Author), Larry Rosenberg (Author), Susan Piver
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It sounds simple, but in truth it can be a very difficult exercise when

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Richard Faulds on the link between yoga and meditation Includes a 78-minute CD.

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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.

Quiet Mind - Shambhala Publications

For those who are curious about meditation and would like to give it a try, "Quiet Mind" is a great place to begin. This unique book-and-audio program brings together six of the most respected Buddhist teachers in America, each known for presenting meditation in practical, accessible and inspiring ways.

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