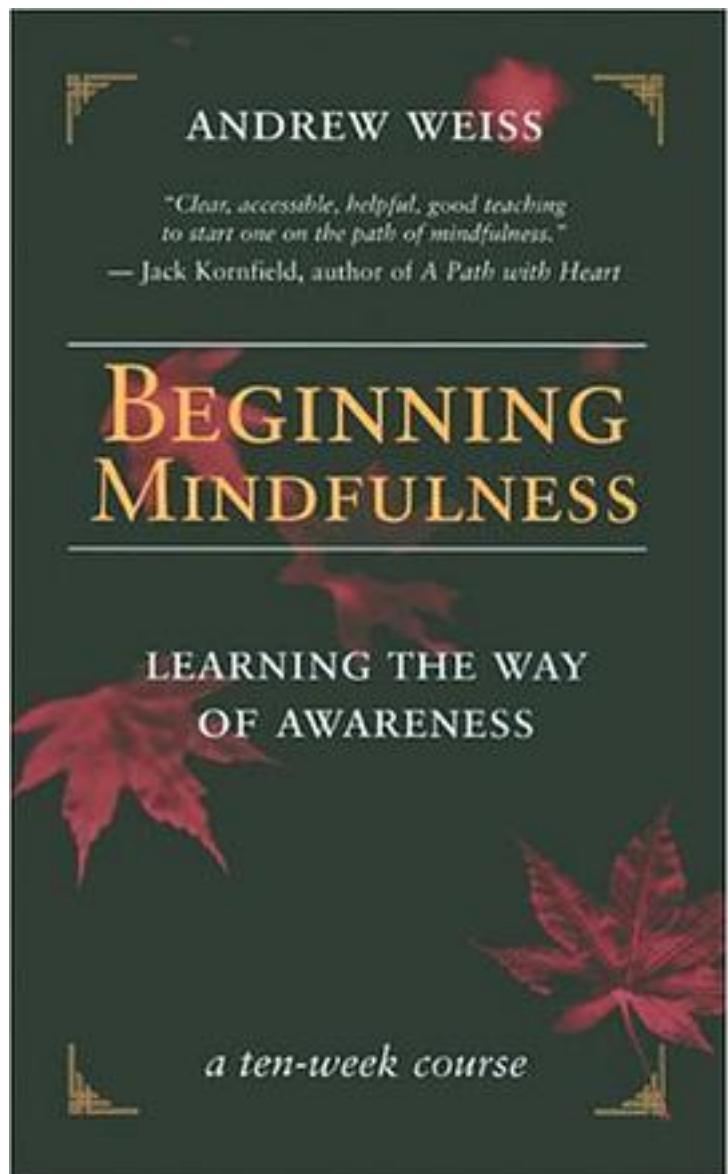


Beginning Mindfulness



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著者:Weiss, Andrew

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As a teacher of meditation, Andrew Weiss found that students responded best when he broke down the process of mindfulness into discrete and progressive steps. Knowing that most people had little time to devote to meditation, he also made it his priority to teach the direct application of mindfulness to daily life. Through the years, he developed a series of handouts based on simple steps that form the basis of this book. Intended for laypeople practicing in their work and family lives without the luxury of long meditation retreats, Beginning Mindfulness is deeply rooted in Buddhist practice but remains unbound by one particular Buddhist tradition. Weiss skillfully blends the traditions of his Korean and Vietnamese teachers as well as Hindu yogic methods to create a meditation manual that is both practical and inspiring.

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