



# Insight Meditation: The Practice of Freedom

*By Joseph Goldstein*

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## **Insight Meditation: The Practice of Freedom** By Joseph Goldstein

The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

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### Editorial Review

#### Review

"An intelligent, thorough, startlingly clear description of Western *vipassana* practice in particular and Buddhism in general."—*Los Angeles Times*

"Goldstein's years of experience in leading Buddhist retreats render this a wise and mature book of interest not only to Westerners but also to others open to learning about Buddhist practice and insight into the interconnectedness of all life. Highly recommended."—*Library Journal*

"*Insight Meditation* will be welcomed by all those who wish to extend and deepen their commitment to a life of mindfulness."—Jon Kabat-Zinn, author of *Wherever You Go, There You Are*

"Wise and practical guidance for anyone who seeks to free the mind through meditation."—Daniel Goleman, author of *Emotional Intelligence*

#### From the Inside Flap

The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by mediators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

#### About the Author

Joseph Goldstein began exploring meditation as a Peace Corps volunteer in Thailand. Following extended meditation retreats with various teachers in India and Burma, including the renowned Buddhist meditation master Anagarika Sri Munindra, he cofounded the Insight Meditation Society in Barre, Massachusetts. He has taught numerous meditation classes, workshops, and retreats in America and abroad over the last eight years and is one of the founders and primary teachers of the Insight Meditation Society in Barre, Massachusetts. He is also the author of *The Experience of Insight*, *Insight Meditation*, *One Dharma* and coauthor of *Seeking the Heart of Wisdom*.

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