



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

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

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**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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#### 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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