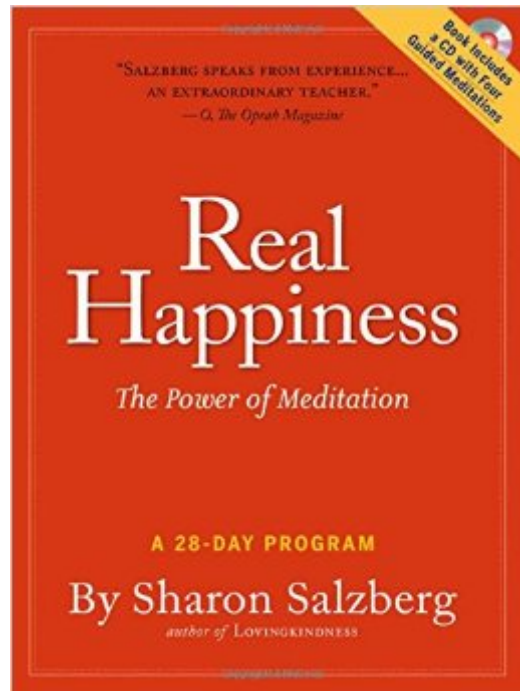


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# Real Happiness: The Power Of Meditation: A 28-Day Program



## Synopsis

Thousands of years prove it, and Western science backs it: Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress. Meditation helps us experience greater calm. Meditation connects us to our inner-most feelings and challenges our habits of self-judgment. Meditation helps protect the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness. There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, one of the world's foremost meditation teachers and spiritual authors. Cofounder of the Insight Meditation Society, author of *Lovingkindness*, *Faith*, and other books, Ms. Salzberg distills 30 years of teaching meditation into a 28-day program that will change lives. It is not about Buddhism, it's not esoteric—it is closer to an exercise, like running or riding a bike. From the basics of posture, breathing, and the daily schedule to the finer points of calming the mind, distraction, dealing with specific problem areas (pain in the legs? falling asleep?) to the larger issues of compassion and awareness, *Real Happiness* is a complete guide. It explains how meditation works; why a daily meditation practice results in more resiliency, creativity, peace, clarity, and balance; and gives twelve meditation practices, including mindfulness meditation and walking meditation. An extensive selection of her students' FAQs cover the most frequent concerns of beginners who meditate: • *Is meditation selfish?* • *How do I know if I'm doing it right?* • *Can I use meditation to manage weight?* •

## Book Information

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## Customer Reviews

This book seems to have been written for beginners, ie. people new to meditation. For those people, much of this book will appear unfocused and confusing. (The very first section, explaining why meditation is beneficial, may be useful to them, however.) First problem: Salzberg throws in numerous types of meditation. For a beginner, the first 28 days (and past that) should be focused on simply being with the breath. Learning how to exist in the moment. This is not a process that can be truly experienced immediately. (28 days is a very short amount of time!!) But rather than suggesting this most basic and essential of meditation techniques alone until the person become familiar and comfortable with it, Salzberg piles on a dozen or so other techniques as options. In doing so, she creates a bit of a garbled mess. Second problem: Salzberg recommends doing 2 twenty-minute meditation sessions the first week, then adding additional twenty-minute days in weeks thereafter. There are two issues with this method. A little every day is far more useful than longer periods with less frequency. (Greater frequency makes it easier to get into a rhythm.) And twenty minutes may seem like a long time to a newbie, who could become easily discouraged with the monkey mind. A much more useful and non-demoralizing plan would be to start with, say, five to ten minute sessions every day for the first week, then increasing the time per session another five to ten minutes each subsequent week. Third problem: The cover of the book promises the impossible. If you are not particularly happy, 28 days of meditating will not make you happy. It certainly will start you on the path in that direction!! But true happiness takes much longer to achieve.

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