
Anyone can benefit from meditating on a regular basis. Use these meditation books to help center yourself and live a more zen life. The Four Agreements: A Practical Guide to Personal Freedom. Amber-Allen Publishing. $7.46. BUY NOW. If you prefer reading novels to meditation books, Zen and the Art of Motorcycle Maintenance is a wonderful place to start on the journey to mindfulness. Touted for its pacing, narrative voice, and easily digestible concepts, this story of a father and son on a motorcycle trip serves as a metaphor for the underlying questions about the purpose and true nature of humanity. Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day. St. Martin's Griffin. $2.00. How do you learn to meditate? In mindfulness meditation, we're learning how to pay attention to the breath as it goes in and out, and notice when the mind wanders from this task. This practice of returning to the breath builds the muscles of attention and mindfulness. We practice mindfulness so we can learn how to recognize when our minds are doing their normal everyday acrobatics, and maybe take a pause from that for just a little while so we can choose what we'd like to focus on. If you experienced these sorts of distractions (and we all do), you've made an important discovery: simply put, that's the opposite of mindfulness. Yes, the book does offer instructions on how to meditate. And she does so in a very down to earth, accessible way. Plain language, and a very direct "how-to" that is missing from many other meditation intro books. How to sit, what to do with your eyes, hands, etc., what strange thoughts or distractions may occur and how to address these problems when they happen, and more. I love the book and am very happy to have an easy to understand guide that teaches these practices and am looking forward to learning the ones I don't know and incorporating them into my routine. I still think it should be named something more accurate like "How To Do Tibetan Practices" or "A Collection of Tibetan Buddhist Meditations and Prayers Including Instructions" or something along those lines. How to Meditate is a great way to take her teachings to heart and develop a meditation practice. Jack Kornfield, author of A Path with Heart and A Lamp in the Darkness. This new book by Ani Pema is a great compilation of meditation instruction which she has personally given to many of her students over the years. These instructions have brought so much help to others that it has made her one of the most beloved and revered Buddhist teachers in this modern world. Few people have explained the process of meditation as detailed and from a practical acceptance of the difficulties in quieting the mind. Most people who talk about meditation just explain the logistics of meditation such as when, where and for how long to meditate. How to Meditate book. Read 25 reviews from the world's largest community for readers. What is meditation? Why practice it? Which techniques are best? How... Upon reading, this book will quickly become an essential title in your spiritual library. "How to Meditate: A Practical Guide" is a must read for anyone who is interested in becoming the master of their own mind! It's down to earth language complements the book's easy to follow instructions and clear, understandable explanations. A comprehensive manual for the beginner meditator, and likewise, extremely valuable for the experienced, as well.