



# The Path of Insight Meditation (Shambhala Pocket Classics)

*Joseph Goldstein, Jack Kornfield*

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Insight meditation is a Buddhist practice that can lead to understanding our lives, to clearly seeing the true nature of our existence, and to opening our hearts to ourselves and others. This book is a pocket-sized summary of the practices taught in the authors' meditation retreats around the world. It includes exercises for strengthening mindfulness, cultivating compassion, and learning to live by the precepts.

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