

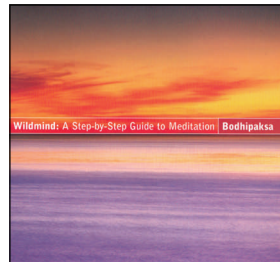


MEDITATION

Wildmind

By Bodhipaksa

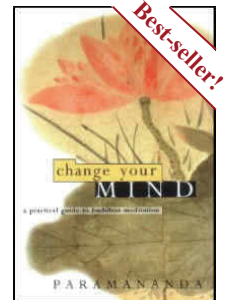
Featuring detailed chapters on practical issues such as attention and posture, this illustrated guide explores different ways to start or deepen your meditation practice.



Change Your Mind

By Paramananda

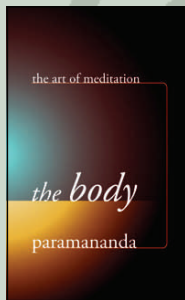
A compact and readable guide dealing imaginatively with the practical difficulties of meditation, meeting distraction and doubt with determination and humour.



First books to help you practice meditation

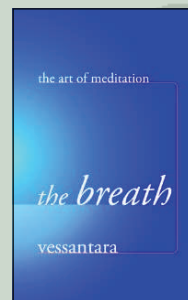
The Body

By Paramananda



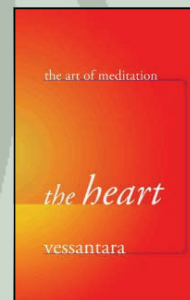
The Breath

By Vessantara

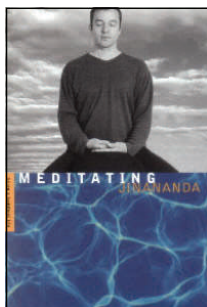


The Heart

By Vessantara



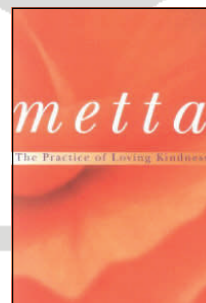
These three pocket-sized guides, written by two of our best-selling authors, will help you develop or deepen your meditation practice through varied exercises. Each book provides clear instructions on how to meditate and practical ways to integrate meditation to daily life.



Meditating

By Jinananda

Realistic, witty and accessible, this pocket-sized guide is peppered with humour and troubleshooting tips.



Metta: The Practice of Loving Kindness

Edited by Nagabodhi

A collection of reflections on metta, a meditation practice which focuses on kindness at its purest and strongest.

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