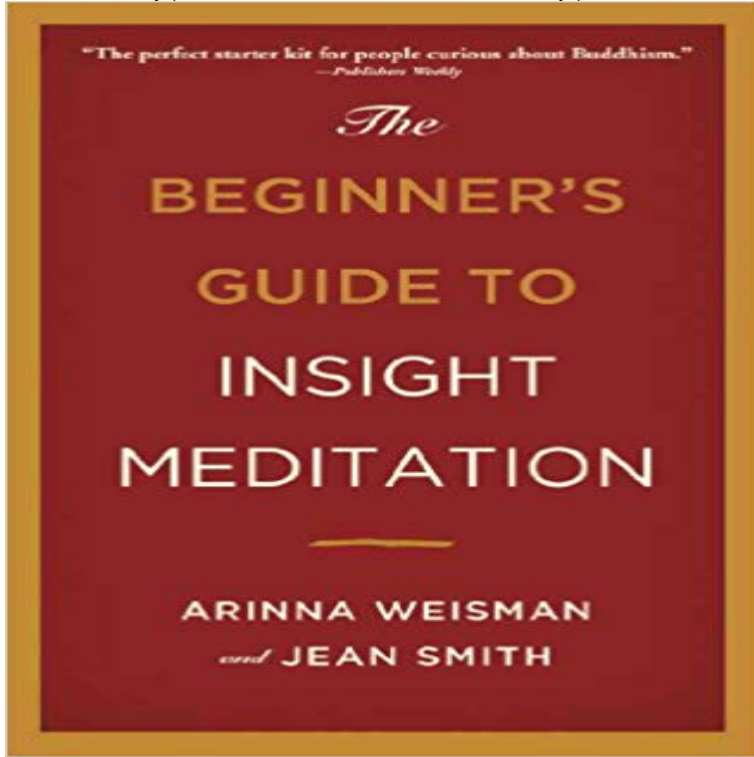


The Beginners Guide to Insight Meditation



Arinna Weisman and Jean Smith combine clear explanations of the Buddha's teachings on freedom and happiness with their personal stories highlighting some of the challenges and insights of practice. The *Beginners Guide to Insight Meditation* offers advice about going on retreat and help in choosing a teacher and a community to practice with. This is an enormously practical book that covers every aspect of the teachings a beginner needs to get started.

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Preface. We hope this book touches that part of you which has longed for freedom but hasn't given it a name and which has yearned for lasting happiness but

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