Keown, Damien. *Buddhism: A Very Short Introduction*. Oxford: University Press. 2013. Print.

This book covers many different aspects of Buddhism. Including where it came from, what it is, and how its belief system is broken up. It also has a chapter dedicated to meditation. I can follow this chapter closely to understand where meditation came from, why it was used, and its uses for today. My personal essay will be closely related to the practice of meditation, and this source will help me its uses in history and in modern life. The author currently teaches at the University of London, and studies current moral problems from a Buddhist perspective.