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COMMIT TO SIT: TOOLS FOR CULTIVATING A MEDITATION PRACTICE



Hay House Inc, United States, 2011. Paperback. Book Condition: New. 208 x 135 mm. Language: English. Brand New Book ***** Print on Demand *****. This book brings together a broad range of Buddhist meditative techniques that have appeared in the magazine over the years. Contributors include some of the foremost voices in contemporary Buddhism: Pema Chodron starts our journey with an inspirational Foreword. Lama Surya Das explores the definition of meditation, while Sharon Salzberg and Joseph Goldstein lay out a...

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- Authored by Joan Duncan Oliver
- Released at 2011



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