



# Mindfulness: A Practical Guide to Awakening

*Joseph Goldstein*

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The mind contains the seeds of its own awakening—seeds that we can cultivate to bring forth the fruits of a life lived consciously. With *Mindfulness*, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom. Goldstein’s source teaching is the Satipa??hana Sutta, the Buddha’s legendary discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana (or insight meditation) found today. Exquisite in detail yet wholly accessible and relevant for the modern student, *Mindfulness* takes us through a profound study of:

- Mindfulness of body, including the breath, postures, activities, and physical characteristics
- Mindfulness of feelings—how the experience of our sense perceptions influences our inner and outer worlds
- Mindfulness of mind—learning to recognize skillful and unskillful states of mind and thought
- Mindfulness of *dharmas* (or categories of experience), including the Five Hindrances, the Six Sense Spheres, and the Seven Factors of Awakening

“There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways,” writes Goldstein. In *Mindfulness* you have the tools to mine these riches for yourself.

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Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Mindfulness: A Practical Guide to Awakening, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its identified as reading friends.

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