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Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation

Susan Piver

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A concise, jargon-free guide to learning what Buddhist meditation is?and isn't?with advice on how to start a meditation practice. If you want to meditate but have no idea where to begin, this book by bestselling author and Buddhist teacher Susan Piver will help you: It contains everything you need to know to start a meditation practice and, even more important, to continue one. It defines what meditation is (and what it is not); dispels the three most common misconceptions about it; advises ways around obstacles; addresses the most frequently asked questions; and shows how meditation can have positive impacts on relationships, creativity, and difficult emotions. However, Piver presents meditation as something more than the self-help technique du jour?it is a path to love, joy, and courage. This book contains two self-paced programs to help you start here?now!

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