

## Recommended Reading for Beginners

### **Mahasi**

*In This Very Life*

Sayadaw U Pandita

(Perhaps the best book written on the Mahasi method of meditation.)

### **Doctrine - Theravada**

*The Buddhas Ancient Path* ♦♦♦♦♦♦

Piyadassi Thera

(A very easy beginners book)

*What the Buddha Taught*

Walpola Rahula

(Slightly more academic, but a good companion to the above.)

### **Vipassana**

*Experience of Insight* ♦♦♦

Joseph Goldstein

(A good book to begin with.)

*Insight Meditation* ♦♦♦♦♦♦♦♦

Joseph Goldstein

(From talks given on a course.)

*The Heart of Buddhist Meditation* ♦♦♦♦♦♦♦♦

Nyanaponika Thera

(A more academic full approach still considered the classic work.)

### **Meditation in Daily Life**

*Mindfulness Meditation for Everyday Life* ♦♦♦♦♦♦♦♦♦♦

Jon Kabat-Zinn

*Path with Heart*

Jack Kornfield

(Both very good at helping to integrate meditation with daily life.)

### **Loving Kindness** ♦♦♦

*Loving Kindness* ♦♦♦♦♦♦♦♦♦♦

Sharon Salzberg

(Vipassana should be balanced with Metta, loving-Kindness practice. An excellent book.)

### **Where to buy:**

Check the Wisdom book website: [www.wisdom-books.com](http://www.wisdom-books.com)

Order your books from them: [sales@wisdom-books.com](mailto:sales@wisdom-books.com)

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