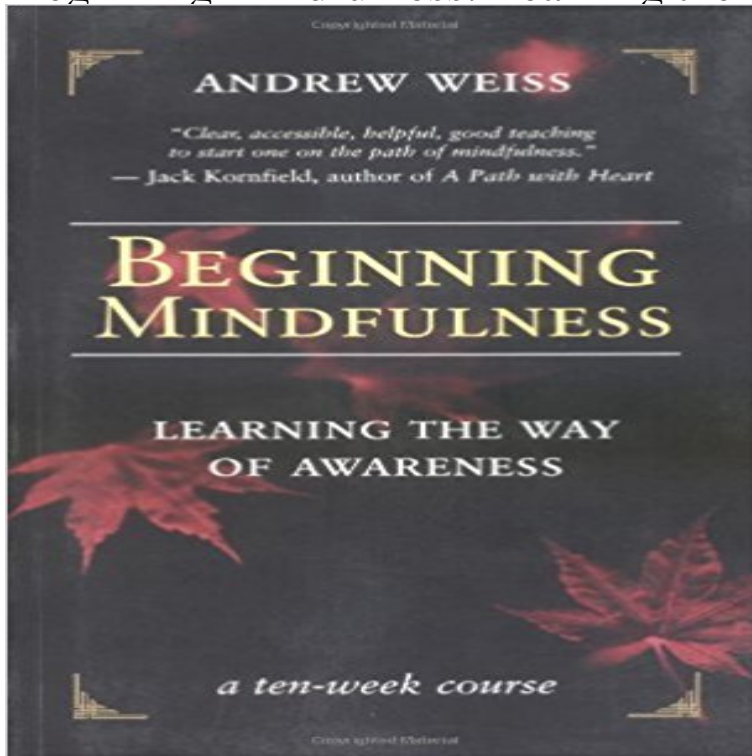


## Beginning Mindfulness: Learning the Way of Awareness



As a teacher of meditation, Andrew Weiss found that students responded best when he broke down the process of mindfulness into discrete and progressive steps. Knowing that most people had little time to devote to meditation, he also made it his priority to teach the direct application of mindfulness to daily life. Through the years, he outlined his simple steps in a series of handouts that form the basis of this book. Intended for laypeople practicing in their work and family lives without the luxury of long meditation retreats, *Beginning Mindfulness* is deeply rooted in Buddhist practice but remains unbound by any particular Buddhist tradition. Combining teachings from Korean Zen Master Srung Sanh, Vietnamese Zen monk Thich Nhat Hanh, and insight, or vipassana, meditation, Weiss skillfully blends these traditions with Hindu yogic methods to create a meditation manual that is both practical and inspiring.

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