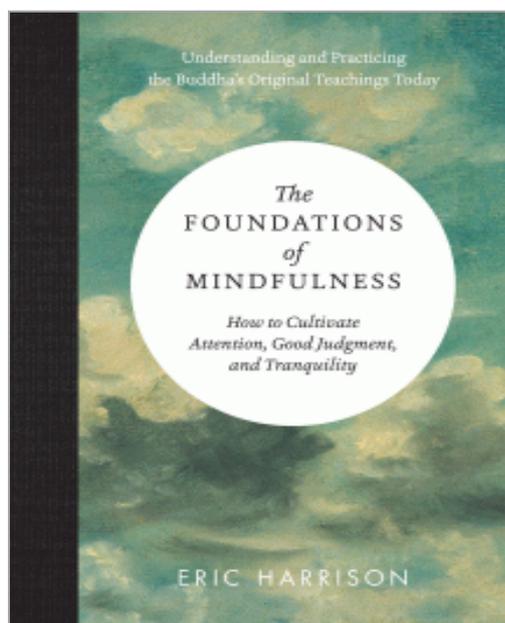

Advance Information

The Foundations of Mindfulness

How to Cultivate Attention, Good Judgment, and Tranquility



Author:	Eric Harrison
ISBN:	9781615192564
Imprint:	The Experiment
BIC Category:	Mind: Body: Spirit
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Selling Points:

A brilliant, fresh, essential book for everyone seriously interested in mindfulness - a sparklingly clear, step-by-step explanation of the Buddha's original teachings on the subject, here considered wholly (paradoxically!) from a secular, non-Buddhist perspective.

Description:

Discover the wisdom of the Buddha's original teachings on mindfulness. Usually translated as The Foundations of Mindfulness, the Satipatthana Sutta - taken from the 2,500-year-old teachings of the Buddha himself - is the original "DIY manual" on how to meditate and be mindful. Just a few pages long, with 13 recommended practices, it provides the authority for the worldwide practice of mindfulness. However, this influential text has been neglected of late - not least because the common translation, in Victorian English, is virtually indecipherable. So, many modern mindfulness students - focused instead on the Zen practice of 'just sitting' - risk missing the benefits of the Buddha's more sophisticated approach. Eric Harrison first translated the Satipatthana Sutta in 1975 and made it the basis of his decades-long teaching career. Now, with a new translation and commentary informed by a lifelong consideration of the Buddha's original teachings, Harrison makes mindfulness more accessible than ever - to psychologists, teachers, and everyone with a serious interest in the practice looking for deeply informed, sparklingly clear insights and guidance.