

VIPASSANA INTRODUCTION TO MEDITATION BOOKS

The Experience of Insight, Joseph Goldstein
Break Through Pain, Shinzen Young
The Dhammpada: A New Translation of the Buddhist Classic, Gil Fronsdal
The Heart of Buddhist Meditation, Nyanaponiha Thera
Mindfulness in Plain English, Bhante Gunaratana
The Beginners Guide to Insight Meditation, Arinna Weisman & Jean Smith
A Path With Heart, and *The Wise Heart* by Jack Kornfield
Eight Mindful Steps to Happiness: Walking the Buddha's Path, Bhante Gunaratana
Seeking the Heart of Wisdom: The Path of Insight Meditation, Joseph Goldstein & Jack Kornfield
Breath By Breath, Larry Rosenberg
Being Dharma: The Essence of the Buddha's Teachings, Ajahn Chah
Lovingkindness: The Revolutionary Art of Happiness, Sharon Salzberg
Life of the Buddha-Bhikkhu Namamoli
The Mind and the Way-Ajahn Sumedho
In the Buddhas Words-Bhikkhu Bodhi
Heartwood of the Bodhi Tree-Ajahn Buddhadasa

INSTRUCTION BOOKS

The Experience of Insight, Joseph Goldstein
A Gradual Awakening, Stephen Levine
The Heart of Buddhist Meditation, Nyanaponika Thera
Insight Meditation: A Step-by-Step Course on How to Meditate, Sharon Salzberg & Joseph Goldstein
In This Very Life: The Liberation Teachings of the Buddha, Sayadaw U Pandita
Mindfulness With Breathing: A Manual for Serious Beginners, Buddhadasa Bhikkhu