

Introductory Meditation Reading List

Change Your Mind: A Practical Guide to Buddhist Meditation

A thorough introduction, based on traditional material but written in a light and modern style. Colorfully illustrated with anecdotes and tips from the author's experience as a meditation teacher, it also offers refreshing inspiration to seasoned mediators.

Author Paramananda

208 pages ISBN: 0 904766 81 0 \$16.95

Meditation: the Buddhist Way of Tranquility and Insight

This Windhorse best-seller is a clear and comprehensive handbook of Buddhist mediation. Complete with photographs, charts, and diagrams, the book covers all you need to know to establish a meditation practice, as well as helpful advice and greater detail for those wishing to deepen their experience.

Author Kamalashila

New edition, 304 pages, Photographs, Charts, Index ISBN: 1 899579 05 2 \$25.95

The Breath (Art of Meditation)

An incredibly useful combination of practical instruction on the mindfulness of breathing with much broader lessons on where the breath can lead us.

Author Vessantaraa

Paperback, 224 pages, Windhorse Publications, 2005 ISBN-10: 1899579699 \$10.95

The Heart (Art of Meditation)

The Heart offers ways to discover your heart's potential through an exploration of the practice of lovingkindness meditation.

Author Vessantaraa

Paperback, 164 pages, Windhorse Publications, 2006 ISBN-10: 1899579710 \$10.95

Introductory Buddhism Reading List

Buddhism: tools for living your life

A guide for those seeking a meaningful spiritual path while living everyday lives full of families, work and friends. A clear explanation of Buddhist teachings and guidance on how to apply these to enrich our busy and complex lives.

Author Vajragupta

Paperback, 192 pages, Windhorse Publications, 2008 ISBN: 1899579745 \$16.95 (Amazon \$13.32)

A Guide to the Buddhist Path

In this highly readable anthology, Sangharakshita sorts out fact from myth, essence from cultural accident, to reveal the fundamental teachings of Buddhism. The result is a reliable map of the Buddhist path that anyone can follow.

Author Sangharakshita

New edition, 240 pages, 28 illustrations, Appendices, Bibliography ISBN: 1899579044 \$12.21

Human Enlightenment: an Encounter with the Ideals and Methods of Buddhism

The author leads us into an encounter with the ideals and methods of Buddhism under three headings: the ideal of human Enlightenment, the true purpose of meditation, and the importance of spiritual community.

Author Sangharakshita

80 pages ISBN: 0 904766 57 8 \$6.95

Introducing Buddhism

This is a lively and engaging guide for Westerners who want to learn more about Buddhism as a path of spiritual growth.

Author Chris Pauling

80 pages ISBN: 0 904766 63 2 \$6.50

The Wheel of Life

This book is an introduction to one of the best known Buddhist symbols. The Wheel of Life is a graphic representation of the human predicament. We begin to see the nature of the wheel, we start to see that there is a way out.

Author by Kulananda

Paperback: 84 pages Windhorse Publications ISBN: 1899579303 Price: \$11.95

The Buddhist Path to Awakening

The word Buddha means 'one who is awake'. The Buddha awakened to Enlightenment, the dawning of perfect clarity, unceasing compassion and tireless energy. Rousing us as though from sleep or a dream, the Buddha's teachings can help us develop a clearer mind and a more compassionate heart. In this accessible introduction, Tejananda alerts us to the Buddha's wake-up call, illustrating how the Buddhist path can bring us to a truer understanding of life.

Author *Tejananda*

190 pages ISBN: 1 899579 02 8 \$17.95

The Principles of Buddhism

Kulananda offers a succinct answer to the question 'What is Buddhism?'. An excellent introduction to the basics of the Buddhist tradition.

Author *Kulananda*

105 pages, published by Thorsons ISBN: 1 85538 508 2 \$11.00

The Buddha's Noble Eightfold Path

The Noble Eightfold Path is the most widely known of the Buddha's teachings. It is ancient, extending back to the Buddha's first discourse and is highly valued as a unique treasury of wisdom and practical guidance on how to live our lives.

Author *Sangharakshita*

Paperback: 176 pages Windhorse Publications; 2007 ISBN-10: 1899579818 \$16.95

Deeper Beauty: Buddhist Reflections on Everyday Life

How often do we feel we have no time for reflection? Or little time to care for others - or even ourselves? Adrift in our lives, we are pulled further and further away from a sense of who we are. In this book Paramananda speaks directly to our hearts about what is truly important to us, whether we are making a cup of tea or sitting at the bedside of a dying friend. Using simple exercises, reflections, and meditations, we can awaken to the magic of being fully present in each moment of our day-to-day activities.

Paramananda draws on his experience as a hospice worker and his many years as a Buddhist meditation teacher in the FWBO, to offer us courage, kindness, and joy in our search for meaning. We are invited to a greater intimacy with ourselves and the world - to plunge beneath the surface of our ordinary lives to find a deeper beauty.

Author *Paramananda*

Paperback, 200 pages, Windhorse Publications, 2002 ISBN: 1899579443 \$16.95

Other Books on Meditation & Buddhism

A Step-by-Step Guide to Meditation
by Bodhipaksa

Breath by Breath
by Larry Rosenberg

The Complete Idiot's Guide to Understanding Buddhism
by Gary Gach, Michael Wenger

Destructive Emotions
by Daniel Goleman

Finding Freedom
Jarvis Masters

Full Catastrophe Living
Jon Kabat-Zinn

The Life and Letters of Tofu Roshi
Susan Moon

Lovingkindness
by Sharon Salzberg

Mindfulness and Money
by Kulananda and Dominic Houlder

The Miracle of Mindfulness
by Thich Nhat Hanh

Nonviolent Communication
by Marshall Rosenberg

A Path for Parents
by Sara Burns

Seeking the Heart of Wisdom
by Joseph Goldstein and Jack Kornfield

Start Where You Are Start Where You Are
Pema Chödrön

The Tibetan Book of Living and Dying
Sogyal Rinpoche

Vegetarianism
Bodhipaksa

What is the Dharma?
By Sangharakshita

When Things Fall Apart
Pema Chödrön

Wherever You Go, There You Are
by John Kabat-Zinn

Who is the Buddha?
by Sangharakshita

Zen Mind, Beginner's Mind
by Shunryu