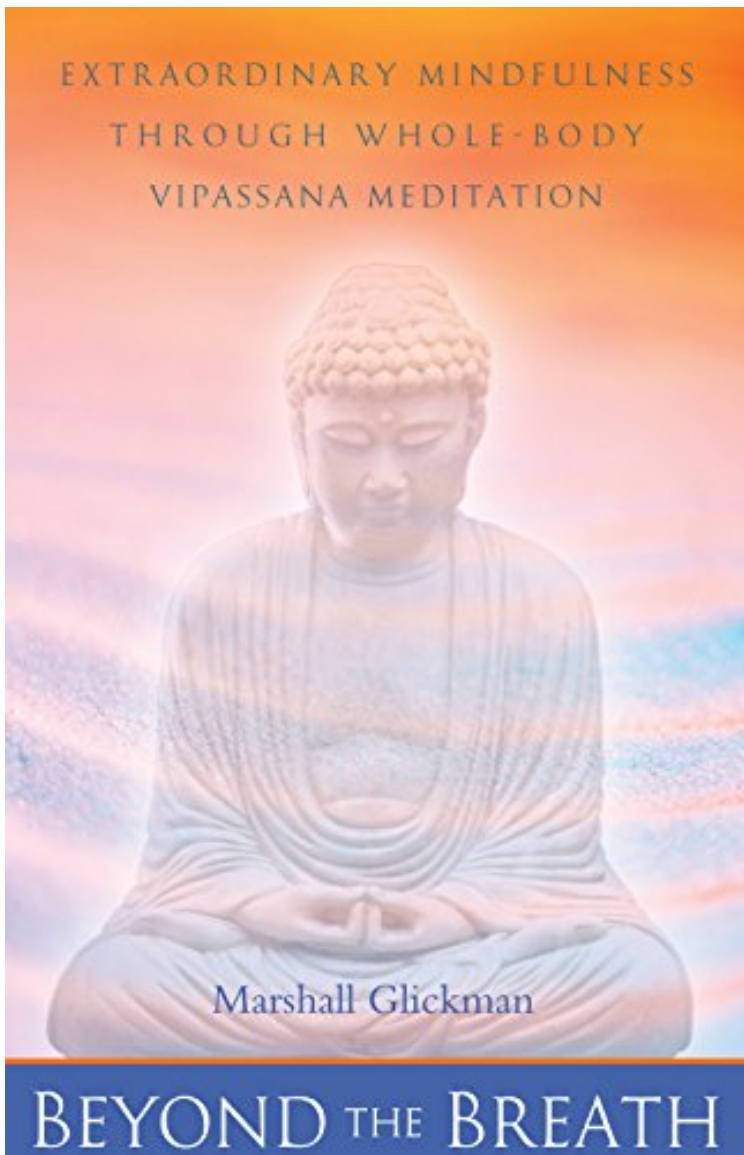


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Beyond the Breath: Extraordinary Mindfulness Through Whole-Body Vipassana Meditation



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body. One of the main principles of this school of meditation is that meditation alone is not sufficient practice, but that it must be combined with a whole-life and ethical commitment. M. Glickman's approach is unique; he takes a meditation practice deeply rooted within a historic Buddhist framework, and gives it a modern-day, scientific spin. He presents sensation-based vipassana meditation and Buddhist principles in 20th-century language, secularizing ideas that may sound exotic, off-putting, or out-dated. Glickman's passion for the topic, as well as his great understanding of Buddhist concepts, make this an inspiring read.

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