



## Mindfulness (Spanish Edition)

*By Joseph Goldstein*

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### Mindfulness (Spanish Edition) By Joseph Goldstein

La mente contiene en si misma las semillas de su propio despertar. Semillas que hemos de cultivar para poder obtener los frutos de una vida vivida conscientemente. Este libro se basa en el legendario discurso del Buda sobre los cuatro fundamentos de la atencion plena, que se convirtio en la base de los diferentes tipos de meditacion Vipassana existentes en la actualidad. Exquisito en los detalles, este texto sera un valioso tesoro para los interesados en vivir conscientemente. / From education and medicine to business and politics, we are in the midst of a great flowering of mindfulness. And with each new application we find for it, priceless benefits emerge. Yet the original purpose of mindfulness has remained throughout the centuries: spiritual awakening. With Mindfulness, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom.

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### **About the Author**

Joseph Goldstein is a cofounder of the Insight Meditation Society in Barre, Massachusetts, where he is one of the resident guiding teachers. He is the author of *The Experience of Insight* and *Insight Meditation* and has coauthored books with both Sharon Salzberg and Jack Kornfield. He has studied and practiced meditation since 1967 under the guidance of eminent teachers from India, Burma, and Tibet. He lectures and leads retreats around the world.

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