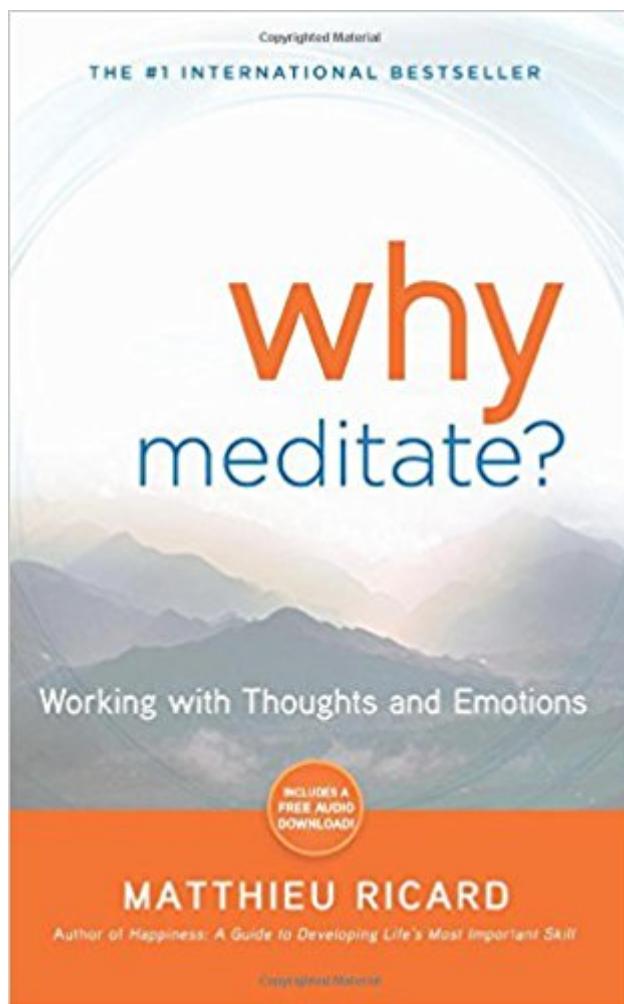


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# Why Meditate: Working With Thoughts And Emotions



## Synopsis

Wherever he goes, Buddhist monk Matthieu Ricard is asked to explain what meditation is, how it is done, and what it can achieve. In this elegant, authoritative, and entirely accessible book, he sets out to answer these questions. Although meditation is a lifelong process even for the wisest, *Why Meditate?* demonstrates that by practicing it on a daily basis we can change our understanding of ourselves and the world around us. In this brilliant short book and the accompanying audio download, Ricard talks us through the theory, spirituality, and practical aspects of meditation. He illustrates each stage of his teaching with examples, leading readers deeper into their own practice. Through his experience as a monk, his close reading of sacred texts, and his deep knowledge of the Buddhist masters, Ricard shows the significant benefits that meditation, based on selfless love and compassion, can bring to each of us.

## Book Information

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## Customer Reviews

“In this marvelous book, Matthieu Ricard articulates the Dharma in the very same way he embodies it in his life; that is, with profound clarity, goodwill, and humility. These qualities come through on every page and make the experience of reading and practicing with this elegant and deceptively simple primer on meditation tantamount to entering into and familiarizing oneself in an ever-deepening way with the landscape of one’s own truest self.” • Jon Kabat-Zinn, author of *Wherever You Go, There You Are* and *Coming to Our Senses* “This is the book on meditation that I’ve been waiting for. Reading it has helped me hone my

personal practice, and finally I have come across the perfect book to recommend to all those interested in meditation—newcomers and experts. *Why Meditate?* is clear, accessible, deep, and practical. • Tal Ben-Shahar, author of *Happier* “An excellent introduction to a practice that has calmed the mind for thousands of years. Profound concepts and essential instructions are explained with the utmost clarity. I highly recommend it!” • Judith S. Beck, Ph.D., director of Beck Institute for Cognitive Therapy and Research, clinical associate professor of psychology in psychiatry, University of Pennsylvania, past president, Academy of Cognitive Therapy “Why Meditate? is a clear and insightful guide to beginning a meditation practice, and to continuing one skillfully. Matthieu Ricard provides helpful and specific instruction along with an immense depth of understanding about happiness, suffering, and living a better life.” • Sharon Salzberg, author of *Lovingkindness* and *The Kindness Handbook* “Writing as a true spiritual friend, Matthieu Ricard shares the wisdom he has gained from his four decades of spiritual training that clearly and succinctly presents what meditation is and how to practice it, step by step. This book is a treasure to be read with care and shared with those you love.” • B. Alan Wallace, author of *Mind in the Balance*

Matthieu Ricard is a Buddhist monk who had a promising career in cellular genetics before leaving France to study Buddhism in the Himalayas 37 years ago. He is a best-selling author, translator, and photographer; and an active participant in current scientific research on the effects of meditation on the brain. He lives in Nepal and dedicates much of his time to humanitarian projects in the Himalayas. Find out more at: [www.matthieuricard.org/en](http://www.matthieuricard.org/en). All of the author’s proceeds from the sale of this book go to Karuna-Shechen, a humanitarian organization that he founded to provide primary health care and education for the underserved populations of the Himalayan region.

If you are a beginner at meditation or want to know the history and practical applications and how to’s, this book is for you. You can read it in a few short hours and head your way toward peace and calm. Open your mind and heart. Listen to your stillness. Accept what bubbles up. Ah...An interesting guide book, informative and engaging.

I purchased this book because I am a meditator. I have been meditating for 6 years and I enjoy reading about meditation, to keep me true to the practice. I find this book to be very good. I am always looking for a book that I can recommend for new meditators--nothing beats a live

teacher--and I think that I will start recommending this one. If you are not familiar with the author, he is quite famous, and I appreciate his scientific, western background.

An excellent book on meditation as well as proving insight into word definitions, such as what is meant by "happiness" from a Buddhist perspective which is not what you may find in a dictionary. Surprisingly it does not include smiling and laughing as part of the definition. I have recommended this book to several of my acquaintances and their input has also been very positive.

Matthieu Ricard is my favorite author. He is the only person to test in functional MRI laboratory scientific studies to be perfectly mindful - able to control his consciousness. Wonderful "Readers Digest" version of healthy meditation, that is, gaining familiarity with our mind as foundation to happiness and freedom from destructive emotions and mental processes.

**Why Meditate: Working with Thoughts and Emotions** In this short book Matthieu Ricard distills the wisdom of his 40 years of spiritual training, and clearly and concisely presents what meditation is and how to practise it step-by-step. The accompanying CD forms a comprehensive and accessible supplement to the book. Altogether great value for money!

Read it is to meditate. Is a book to come back over and over

A brilliant rationale for the whole process, and gains from, meditation

Matthieu thank you very much for giving us so much knowledge and explain it so simply! Knowledge of Buddhist principles are experiential, however this book brings us their philosophical and practical principles to all who do not have the possibility of living in Tibet.

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