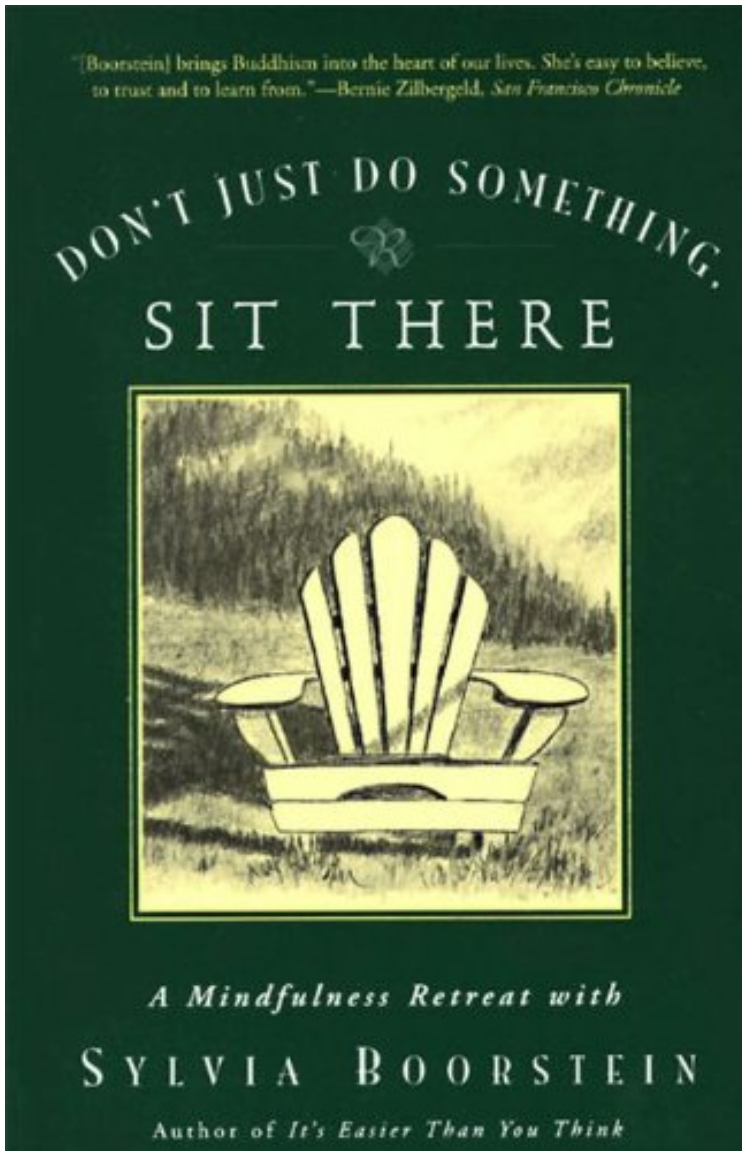


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Prsentation de l'diteurGet away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices.Prsentation de l'diteurGet away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia

Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices. Biographie de l'auteur Sylvia Boorstein, teaches mindfulness and leads retreats across the United States. She is a co-founding teacher at Spirit Rock Meditation Center in Woodacre, California, and a senior teacher at the Insight Meditation Center in Barre, Massachusetts. Boorstein is also a practicing psychotherapist. Her previous books are *It's Easier Than You Think: The Buddhist Way to Happiness* and *Don't Just Do Something, Sit There*. She lives with her husband, Seymour Boorstein, a psychiatrist. They have two sons, two daughters, and five grandchildren.