

# Mindfulness: A Practical Guide To Awakening By Joseph Goldstein



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## **Joseph Goldstein | Insight Timer**

He is a co-founder of the Insight Meditation Society and the author of *Mindfulness: A Practical Guide to Awakening*. These meditations are from the 10% Happier:

## **Recommended Reading - Tara Brach**

Joseph Goldstein, *Mindfulness: A Practical Guide to Awakening* Jon Kabat-Zinn, *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*.

## **Goldstein - Integral Awakening Center**

Description of *Mindfulness: A Practical Guide to Awakening With Mindfulness*, Joseph Goldstein shares the wisdom of his four decades of teaching and

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