


# Real Happiness: The Power of Meditation: A 28-Day Program

*By Sharon Salzberg*

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**Real Happiness: The Power of Meditation: A 28-Day Program** By Sharon Salzberg

Thousands of years prove it, and Western science backs it: Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress. Meditation helps us experience greater calm. Meditation connects us to our inner-most feelings and challenges our habits of self-judgment. Meditation helps protect  the brain against aging and improves our capacity for learning new things. Meditation opens the door to real and accessible happiness.

There is no better person to show a beginner how to harness the power of meditation than Sharon Salzberg, one of the world's foremost meditation teachers and spiritual authors. Cofounder of the Insight Meditation Society, author of *Lovingkindness*, *Faith*, and other books, Ms. Salzberg distills 30 years of teaching meditation into a 28-day program that will change lives. It is not about Buddhism, it's not esoteric?it is closer to an exercise, like running or riding a bike. From the basics of posture, breathing, and the daily schedule to the finer points of calming the mind, distraction, dealing with specific problem areas (pain in the legs? falling asleep?) to the larger issues of compassion and awareness, *Real Happiness* is a complete guide. It explains how meditation works; why a daily meditation practice results in more resiliency, creativity, peace, clarity, and balance; and gives twelve meditation practices, including mindfulness meditation and walking meditation. An extensive selection of her students' FAQs cover the most frequent concerns of beginners who meditate?"Is meditation selfish?" "How do I know if I'm doing it right?" "Can I use meditation to manage weight?"

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## Editorial Review

Review

“Salzberg speaks from experience…an extraordinary teacher.”
- *O, The Oprah Magazine*

Review
"*Real Happiness* is a real treasure. Salzberg gives us simple, practical, effective methods to have a real shot at it! She helps us to stop our running madly in the wrong direction, to see the real thing right there, waiting for our tender, mindful awareness to enjoy its free reality. I love it and highly recommend it!"
- Robert Thurman, PhD, author of *Inner Revolution* and *Infinite Life: Awakening the Bliss Within*

About the Author

Sharon Salzberg is a central figure in the field of meditation, a world-renowned teacher and *New York Times* bestselling author. She has played a crucial role in bringing meditation and mindfulness practices to the West and into mainstream culture. She is the co-founder of the Insight Meditation Society in Barre, MA and the author of ten books including *New York Times* bestseller *Real Happiness*, and *Real Happiness at Work*. She is a regular columnist for On Being, a contributor to Huffington Post, and the host of her own podcast: The Metta Hour. For more information, visit www.SharonSalzberg.com.

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**Samuel Freeman:**

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