



Beginning Mindfulness: Learning the Way of Awareness

Andrew Weiss

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Beginning Mindfulness: Learning the Way of Awareness Andrew Weiss A Simple Manual That Really Works

Knowing that most people do not stop their lives to engage in spiritual practice, Buddhist teacher Andrew Weiss has always taught the direct application of practice to daily life. While also teaching sitting and walking meditation, he emphasizes mindfulness — the practice of seeing every action as an opportunity to awaken meditative inquiry. Over the years, Andrew has honed his teachings into an effective ten-week course with progressive steps and home-play assignments. *Beginning Mindfulness* is intended for anyone practicing in daily life without the luxury of long meditation retreats. Weiss skillfully blends the traditions of his teachers into an easy and humorous program of learning the Buddhist art of mindfulness.

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