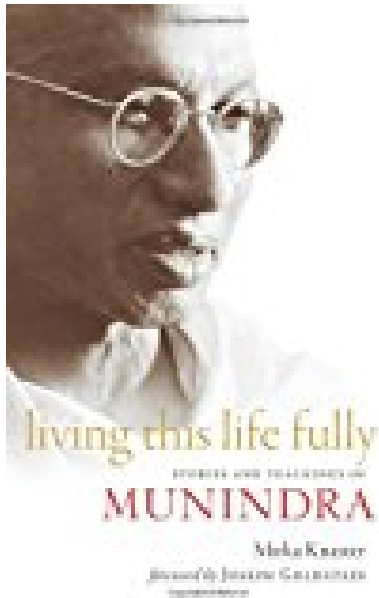


Living This Life Fully Stories and Teachings of Munindra



BOOK DETAILS

- Author : Mirka Knaster
- Pages : 304 Pages
- Publisher : Shambhala
- Language : English
- ISBN : 1590306740

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BOOK SYNOPSIS

Anagarika Munindra (1915–2003) was a Bengali Buddhist master and scholar who was teacher to an entire generation of practitioners—including some of the most prominent Insight Meditation teachers in America. His students include Daniel Goleman (author of Emotional Intelligence), Sharon Salzberg (author of Lovingkindness), Jack Kornfield (author of A Path with Heart), and Joseph Goldstein (author of Insight Meditation). As the teacher of a whole generation of American teachers, he was thus himself a pivotal figure in the transmission of Buddhism to the West. This is the first book available about Munindra's life and teaching, and it features:

- A brief biography of Munindra
- Never-before-published excerpts of his teachings
- Stories and remembrances from Western students including Daniel Goleman, Sharon Salzberg, and Jack Kornfield
- Rare photographs

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