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"Breath by Breath: The Liberating Practice of Insight Meditation" is the discussion of the teachings contained in the Anapanasati Sutra, an ancient Buddhist Text, which outlines the basic tenets of Buddhism that the "self" is a delusion, is at the heart of suffering and that one's breathing is an escape to that suffering leading to one's insight and liberation.

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Breath by Breath: The Liberating Practice of Insight ...

In essence an elaboration of the Buddha's brilliant Anapanasati sutta - a celebratory catalog of all the liberating work that can be performed taking the breath as inspiration - this is, just simply, a "must have" volume for any meditator's library.

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Breath by Breath: The Liberating Practice of Insight ...

Freedom from suffering is not only possible, but the means for achieving it are immediately within our grasp!literally as close to us as our own breath. This is the 2,500-year-old good news contained in the Anapanasati Sutra, the Buddha's teaching on cultivating both tranquility and deep insight through full awareness of breathing.

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Breath by Breath - Shambhala Publications

Now you're ready for the Big Leagues of Mindfulness - Larry Rosenberg's outstanding book, "Breath by Breath: the Liberating Practice of Insight Meditation". He takes the potentially complex topic of how to do this meditation just as the Buddha taught it, and explains the entire Anapanasati (Mindfulness with Breathing) method in a way that Westerners can understand and relate to.

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Breath by Breath: the liberating practice of insight meditation by Larry Rosenberg, 9781590301364, available at Book Depository with free delivery worldwide.

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