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Jack Kornfield is one of the most renowned meditation teachers in

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clearing the mind for
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Jack Kornfield Jack
Kornfield, PhD, trained
as a Buddhist monk in
Thailand, Burma, and
India and has been
teaching meditation
internationally since
1974. He is one of the
key teachers to
introduce mindfulness

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practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California.

Meditation for Beginners : Jack Kornfield : 9781591799429

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uses clear language
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guidance to show us
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Getting started with meditation isn't as hard as you may think—especially if you have the right teacher. On *Meditation for Beginners*, Jack Kornfield guides you step-by-step through everything you need to know to start—and stick with—a daily meditation practice. In

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Jack Kornfield, PhD,
trained as a Buddhist
monk in the
monasteries of
Thailand, India, and
Burma. He is a

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founding teacher of the Insight Meditation Society and Spirit Rock Center and has taught meditation internationally since 1974. He holds a doctorate degree in clinical psychology, and is a husband and father.

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beginners and those
who practice
everyday. His guidance
through meditation
from start to finish
helps to introduce you
to proper mindfulness.
I can listen to this man
all day, his voice and
instructions are so
calming, he has helped
me to meditate a little
easier and to calm my
thoughts.

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