



Why Meditate: Working with Thoughts and Emotions

Matthieu Ricard

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Wherever he goes, Buddhist monk **Matthieu Ricard** is asked to explain what meditation is, how it is done, and what it can achieve. In this elegant, authoritative, and entirely accessible book, he sets out to answer these questions.

Although meditation is a lifelong process even for the wisest, *Why Meditate?* demonstrates that by practicing it on a daily basis we can change our understanding of ourselves and the world around us. In this brilliant short book and the accompanying audio download, Ricard talks us through the theory, spirituality, and practical aspects of meditation. He illustrates each stage of his teaching with examples, leading readers deeper into their own practice.

Through his experience as a monk, his close reading of sacred texts, and his deep knowledge of the Buddhist masters, Ricard shows the significant benefits that meditation, based on selfless love and compassion, can bring to each of us.

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