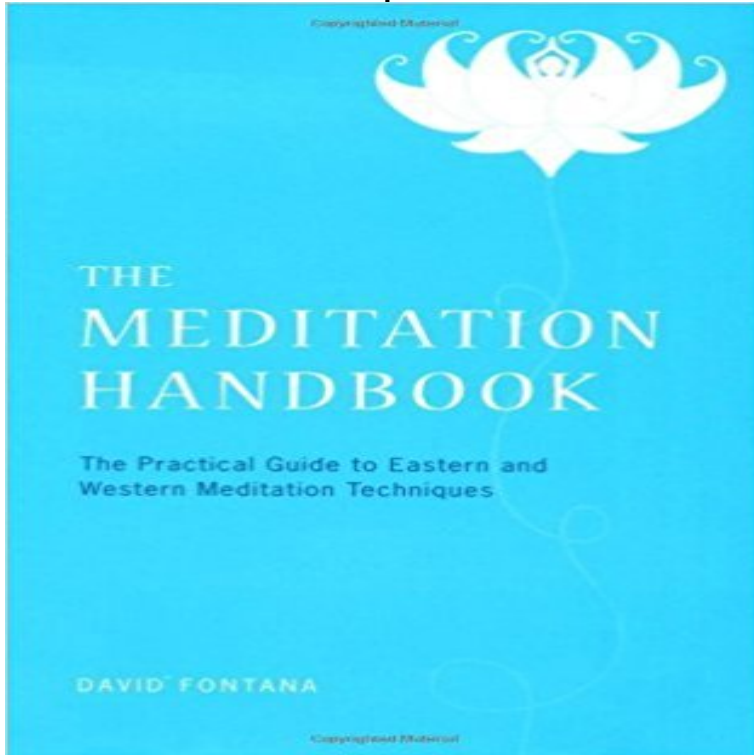


The Meditation Handbook: The Practical Guide to Eastern and Western Meditation Techniques



The Meditation Handbook provides a comprehensive overview of meditation techniques, including those taught by the great spiritual traditions. It describes the many benefits of the practice, and aims to provide readers with much of what they need to know in order to decide if meditation is right for them. Each of the most important techniques is described in its essential details, using concepts that can be easily understood by the general reader although the book will also be helpful to those with experience who wish to develop their practice further. Professor Fontana emphasises that meditation is an outstanding technique not only for developing harmony and inner peace and for enhancing physical and psychological health, but also for enabling the practitioner to explore the mysteries of the mind and the spiritual dimension to existence. The book is unique in its breadth and scope, in its freedom from doctrine and dogma and in the authentic wisdom it builds upon the author has personal experience of many major Eastern and Western traditions. Written in accessible language throughout, it concludes with sections on the nature of enlightenment and on the mysteries of life and death. Dr Fontana's sincerity, enormous depth of both scholarship and practice of mediation all combine to make this book a beautiful companion for meditators at any stage of their own spiritual journeys. Dr Michael West, author of *The Psychology of Meditation*

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