

The Meditation Summit: Volume 2

do Williams, Joseph Goldstein, Pema Chörön, Shinzen Young, Lama S

2026-07

Synopsis

author	Tara Brach Ph.D., Richard Miller PhD, Reverend Angel Kyodo Williams, Joseph Goldstein, Pema Chödrön, Shinzen Young, Lama Surya Das, Adyashanti, Anakha Coman, Thich Nhất Hạnh
readBy	Tara Brach Ph.D., Richard Miller PhD, Reverend Angel Kyodo Williams, Thich Nhat Hanh, Joseph Goldstein, Pema Chödrön, Shinzen Young, Lama Surya Das, Adyashanti, Anakha Coman
inLanguage	english

Most of us are well aware of the benefits of meditation, and new research is providing us with more and more evidence of what the world's spiritual traditions have known for years: meditation can positively impact every area of our lives.

So why do many of us struggle to make time for this powerful practice? Why do we so often wonder if we're doing it right? Or feel as if something more should be happening?

In *The Meditation Summit: Volume II*, Sounds True publisher and founder Tami Simon speaks with 10 leading meditation teachers about their personal understanding of this practice - each with a complete guided meditation. Practitioners of all levels will benefit from the abundance of insight and guidance provided by these diverse voices.

Reader's comments

comment 1:

â€"â€" ()