



Learn to Meditate: A Practical Guide to Self-Discovery and Fulfillment

By David Fontana

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Meditation paves the road to a calmer, more focused mind; improved concentration; greater creativity; and a more energized mental and physical state of being. But finding an approach that works amid all the mumbo-jumbo can be a mind-altering experience in itself. Finally, here is a practical guide, beautifully illustrated, that reveals how to develop a personal program for inner peace. Learn to Meditate presents 23 step-by-step exercises and more than 130 exquisite illustrations that make visualization and meditation wonderfully accessible. David Fontana draws on the world's diverse traditions including Taoism, Zen, and Tibetan Buddhism for an ideal companion to a lifelong practice.

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Editorial Review

About the Author

David Fontana, PhD is a meditation teacher and psychologist, whose many books include Teach Yourself to Dream (0-8118-1628-1). He lives in Cardiff, Wales.

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