



## The Meditator's Workbook: A Journey to the Center

By Matthew Flickstein



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Using hands-on exercises, journal entries, guided meditations, and lively vignettes, *The Meditator's Workbook* will help you:

- Live more deeply and joyfully in the moment
- Uncover the true source of stress
- Resolve grief
- Explore and express forgiveness
- See through the inevitable distortions of the mind
- Recognize and actualize your goals
- Find real inner peace and a thoroughgoing well-being

Whether your goal is to reduce stress or to gain deeper insight and mastery over your inner life, this simple, straightforward guidebook is the tool to use for learning why and how to meditate. Through its unique workbook-style presentation, *The Meditator's Workbook* leads you to discover your own starting point, teaches you how to gain mental clarity and remove the obstacles you inevitably encounter, and helps you to identify the insights that are appropriate to each stage of your journey to spiritual and psychological maturity.

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## The Meditator's Workbook: A Journey to the Center By Matthew Flickstein Bibliography

- Sales Rank: #684262 in Books
- Brand: Flickstein, Matthew/ Gunaratana, Bhante (FRW)
- Published on: 2009-06-30
- Released on: 2009-06-30
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .70" w x 6.00" l, .75 pounds
- Binding: Paperback
- 210 pages

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### Editorial Review

#### Review

"This is the kind of book that can change a person's life and point the way to peace and happiness." (Bhante Henepola Gunaratana, author of *Mindfulness in Plain English* and *Beyond Mindfulness in Plain English*)

"A book to do rather than simply to read, to be worked with slowly but also joyfully." (*NAPRA ReView*)

"The format makes the meditations easy to follow, simple to do, and very effective." (*New Age Retailer*)

"Thorough, insightful, and comprehensive." (*Meditation Pathways*)

#### About the Author

Matthew Flickstein is a psychotherapist, meditation teacher, and the founder of The Forest Way Insight Meditation Center in the Blue Ridge Mountains of Virginia. In more than twenty years of leading personal development workshops, he has trained almost 15,000 people across the US, including other teachers.

Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. Bhante Henepola Gunaratana is the president of the Bhavana Society in High View, West Virginia, where he lives.

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**Stephen Porter:**

Playing with family in a very park, coming to see the water world or hanging out with good friends is thing that usually you might have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Meditator's Workbook: A Journey to the Center, you can enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

**Grace Smith:**

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