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Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics) Paperback - November 9, 2004. by. Larry Rosenberg (Author) > Visit Amazon's Larry Rosenberg Page. Find all the books, read about the author, and more.

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His book Breath by Breath is a clear description of the practice of anapanasati (mindful breath meditation). His emphasis on the breath as an object of meditation was, in part, inspired by his encounter with the Thai meditation teacher Buddhadasa. Anapanasati also forms the basis of his teachings at the Cambridge Insight Meditation Center.

Larry Rosenberg - Wikipedia

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First Readings Breath by Breath: The Liberating Practice of Insight Meditation by Larry Rosenberg The Magnanimous Heart: Compassion and Love, Loss and Grief, Joy and Liberation by Narayan Helen Liebenson What the Buddha Taught by Walpola Rahula Seeking the Heart of Wisdom by Joseph Goldstein and Jack Kornfield Mindfulness in Plain English by Bhante Gunaratana The ...

Recommended Reading - Cambridge Insight Meditation Center

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