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In this intelligent, accessible work, acclaimed poet and meditation teacher Stephen Levine introduces readers to meditation. Filled with practical guidance and advice—as well as extensive personal recollections—*A Gradual Awakening* explains the value of meditation as a means of attaining awareness, and provides readers with extensive advice on how establish a practice. Drawing on his own personal experiences with and insights into vipassana meditation, Levine has crafted an inspiring book for anyone interested in deep personal growth.



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Editorial Review

Review

"Levine's message and service fill an essential need in America today." —*Psychology Today*

"A simple and gently written book by a man who shares his own personal experiences and insights into how meditation can work and how we can become aware of ourselves. A beautiful book, recommended for anyone interested in their own deep growth." —Elisabeth Kübler-Ross

From the Publisher

Poet and meditation teacher Levine writes simply and gently about his own personal experiences with and insights into vipassana meditation. An inspiring book for anyone interested in deep personal growth.

From the Inside Flap

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