



# Why Meditate: Working with Thoughts and Emotions

By Matthieu Ricard



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Wherever he goes, Buddhist monk **Matthieu Ricard** is asked to explain what meditation is, how it is done, and what it can achieve. In this elegant, authoritative, and entirely accessible book, he sets out to answer these questions.

Although meditation is a lifelong process even for the wisest, *Why Meditate?* demonstrates that by practicing it on a daily basis we can change our understanding of ourselves and the world around us. In this brilliant short book and the accompanying audio download, Ricard talks us through the theory, spirituality, and practical aspects of meditation. He illustrates each stage of his teaching with examples, leading readers deeper into their own practice.

Through his experience as a monk, his close reading of sacred texts, and his deep knowledge of the Buddhist masters, Ricard shows the significant benefits that meditation, based on selfless love and compassion, can bring to each of us.



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### Editorial Review

#### Review

*“In this marvelous book, Matthieu Ricard articulates the Dharma in the very same way he embodies it in his life; that is, with profound clarity, goodwill, and humility. These qualities come through on every page and make the experience of reading and practicing with this elegant and deceptively simple primer on meditation tantamount to entering into and familiarizing oneself in an ever-deepening way with the landscape of one’s own truest self.”*

— **Jon Kabat-Zinn**, author of *Wherever You Go, There You Are* and *Coming to Our Senses*

*“This is the book on meditation that I’ve been waiting for. Reading it has helped me hone my personal practice, and finally I have come across the perfect book to recommend to all those interested in meditation—newcomers and experts. **Why Meditate?** is clear, accessible, deep, and practical.”*

— **Tal Ben-Shahar**, author of *Happier*

*“An excellent introduction to a practice that has calmed the mind for thousands of years. Profound concepts and essential instructions are explained with the utmost clarity. I highly recommend it!”*

— **Judith S. Beck, Ph.D.**, director of Beck Institute for Cognitive Therapy and Research, clinical associate professor of psychology in psychiatry, University of Pennsylvania, past president, Academy of Cognitive Therapy

*“**Why Meditate?** is a clear and insightful guide to beginning a meditation practice, and to continuing one skillfully. Matthieu Ricard provides helpful and specific instruction along with an immense depth of understanding about happiness, suffering, and living a better life.”*

— **Sharon Salzberg**, author of *Lovingkindness* and *The Kindness Handbook*

*“Writing as a true spiritual friend, Matthieu Ricard shares the wisdom he has gained from his four decades of spiritual training that clearly and succinctly presents what meditation is and how to practice it, step by step. This book is a treasure to be read with care and shared with those you love.”*

— **B. Alan Wallace**, author of *Mind in the Balance*

#### About the Author

**Matthieu Ricard** is a Buddhist monk who had a promising career in cellular genetics before leaving France to study Buddhism in the Himalayas 37 years ago. He is a best-selling author, translator, and photographer;

and an active participant in current scientific research on the effects of meditation on the brain. He lives in Nepal and dedicates much of his time to humanitarian projects in the Himalayas. Find out more at: [www.matthieuricard.org/en](http://www.matthieuricard.org/en).

**All of the author's proceeds from the sale of this book go to Karuna-Shechen, a humanitarian organization that he founded to provide primary health care and education for the underserved populations of the Himalayan region.**

## **Users Review**

### **From reader reviews:**

#### **Freida Gilbert:**

This Why Meditate: Working with Thoughts and Emotions are reliable for you who want to certainly be a successful person, why. The reason why of this Why Meditate: Working with Thoughts and Emotions can be one of many great books you must have is actually giving you more than just simple reading food but feed you actually with information that possibly will shock your preceding knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions in the e-book and printed kinds. Beside that this Why Meditate: Working with Thoughts and Emotions giving you an enormous of experience including rich vocabulary, giving you tryout of critical thinking that could it useful in your day exercise. So , let's have it and enjoy reading.

#### **Jesus Sandiford:**

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