



Meditation Now or Never

By Steve Hagen

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National bestselling author and teacher Steve Hagen strips away the cultural and religious jargon surrounding meditation and provides an accessible and thorough manual for newcomers and experienced practitioners alike. Inside you will find:

- Simple practices to avoid needlessly complicating meditation
- Where most of us get stuck in meditation—and how to get unstuck
- A unique focus on meditation not simply as a spiritual technique, but as a way of living

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Editorial Review

From Publishers Weekly

Zen priest Hagen, author of *Buddhism Plain and Simple* and *Buddhism Is Not What You Think*, offers a brief and wonderfully accessible primer on meditation, which can be a surprisingly difficult practice for many beginners. He helpfully defines meditation via negativa: meditation is not a self-help program, a quick fix, a mind-training technique or a way to relax before jumping right back into the fray of our busy lives. It's a lifelong practice that can, and should, seep into every arena of the quotidian, so that when we're attentively folding laundry or taking out the trash, we're doing meditation. It involves teaching the mind just to be here, says Hagen. Three dozen microchapters are organized into sections on getting started, establishing a daily practice and doing meditation for the long run. While there are a few black-and-white illustrations to get readers to try seated meditation in different postures, Hagen emphasizes that it's also okay to sit in a chair (without slouching), stand, walk barefoot or even lie down. The key is to be constant, meditating at precisely the same time every day and allowing the mind to settle into the present. Meditation isn't something we apply to our life, Hagen insists. Rather, we take it up as our life. (*Sept.*)

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Review

“I wish I had found such a book when I began meditating.”

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“I wish I had found such a book when I began meditating.” (Stephen Levine author of *A Gradual Awakening*)

“A lucid, no-frills introduction to Buddhist meditation ...[and] a timely reminder of what meditation is all about.” (Stephen Batchelor, author of *Buddhism without Beliefs*)

“A brief and wonderfully accessible primer on meditation...” (Publishers Weekly)

Users Review

From reader reviews:

Robin Boucher:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a understanding or any news even an issue. What people must be consider while those information which is from the former life are challenging to be find than now's taking seriously which one works to believe or which one typically the resource are convinced. If you receive the unstable resource then you get it as your main information you will see huge disadvantage for you. All of those possibilities will not happen inside you if you take *Meditation Now or Never* as the daily resource information.

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Lee Fuller:

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