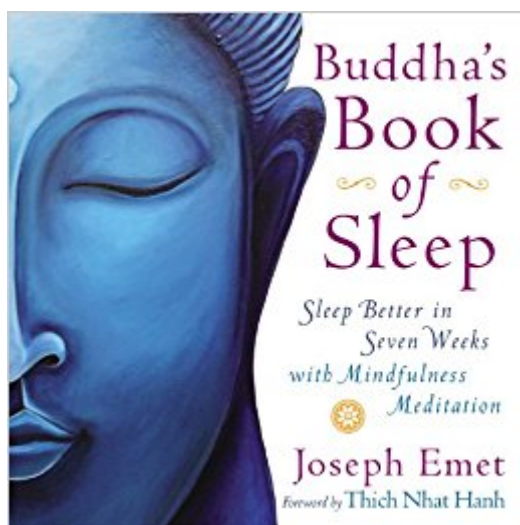


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# Buddha's Book Of Sleep: Sleep Better In Seven Weeks With Mindfulness Meditation



## Synopsis

Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha's Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice—mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha's Book of Sleep will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.

## Book Information

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Average Customer Review: 4.2 out of 5 stars 25 customer reviews

Best Sellers Rank: #420,665 in Books (See Top 100 in Books) #186 in Books > Health,

Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #495 in Books > Politics

& Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #2468 in Books >

Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Praise for BUDDHA'S BOOK OF SLEEP: Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources) "Emet's book serves also as a fine introduction to

the Buddha's teachings, as well as to their application to the art of sleeping well. Readers may come to it attracted by its primary purpose. If they read attentively and follow the program of exercises with due patience, they will come away not only with changed sleeping habits, but changed lives."

•Peter Clothier, Huffington Post

"This small volume is based on his 15 years of teaching experience and the many questions and conversations with followers. It contains well-written prose for use as an exercise to coax the mind into calmness."

•South China Morning Post

"In this gift-sized, get-to-the-point book, Emet quickly moves the reader from "busy mind" into concentration, meditation, and contentment. The book is practical, easy to read, and realistic in its approach. Emet's tone is comfortable and encouraging."

•Retailing Insight

"Buddha's Book of Sleep" is the first book to treat sleep disorders from the perspective of mindfulness meditation. Supplying readers with a new perspective on why they cannot fall asleep (even when they feel exhausted), and arming them with easy-to-use tools from the practices of mindfulness meditation, Buddha's Book of Sleep will help the reader calm their hurried thoughts and rest easy."

•The Best You

"This calming, mind-freeing book will teach you to awaken to mindfulness, thereby letting go of troubling patterns that prevent sleep. Words of wisdom, peaceful thoughts, and a seven week programme of Buddhist meditation and exercise will help you to do just that! A lovely book, which would also make a great gift for the insomniac in your life!"

•Helio's Homoeopathy

Praise for BUDDHA'S BOOK OF STRESS REDUCTION:

"Perhaps the most appealing thought in this innovative text is Emet's suggestion that, instead of retiring from work, we retire from stress!"

•Spirituality & Practice

"Buddha's Book of Stress Reduction, with its simple, yet profound mindful meditation exercises, wise advice, helpful mantras and deeply meaningful stories, quotes and poetry, offers a refreshing and insightful guide for dealing with stress"

•Vitality magazine

"Buddha's Book of Stress Reduction by Joseph Emet is full of practical instruction for mindful living in a stressful age. Author Joseph Emet trained with Zen master Thich Nhat Hanh. His tips are as simple as being aware of and changing the music that you listen to. But in total they can help you make profound and joyful changes."

•Dolce Dolce

Joseph Emet trained with the Zen master Thich Nhat Hanh at Plum Village, France, and was made a Dharma teacher in Thich Nhat Hanh's tradition. He has a doctorate in music from Boston University and has published A Basket of Plums, a book with two CDs of songs. Emet,

the founder of the Mindfulness Meditation Centre in Montreal, lives in Pointe-Claire, Canada.

Highly recommended. I borrowed this book from the library to give it a test drive as I do before accumulating more books. This book is a keeper for sure. Mindful meditation is the way to go and Joseph Emet's approach is easy and lovely to relate to. It helped me break my 5 month stretch of insomnia and now my partner is finding it useful as well. No longer are we two chickens tossing on the rotisserie.

Love it!!!! Made a big difference for me in the way I approached sleep. After going through stress keeping me awake then stressing about sleep, it was like I needed to relearn how to sleep. This book has given me the tools for that. Other books had the right idea but I needed something simple and straight forward. This is more of what I need it. I haven't even finished it yet my sleep has improved so much. I carry it with me for when I have a chance to read through it.

This book has been a help for sleeping without having to use over the counter medications. The exercises help me to relax and clear my mind, enabling me to easily fall asleep. I recommend this book to anyone who has a problem with falling asleep.

I checked this book out at the library and instantly had to have a copy of my own. The author discusses in detail how you may be sabotaging your sleep, and then how to safeguard it. He has some wonderful meditations at the end of the book which are easy to use, especially if you are feeling tired! I keep it next to my bench, and use it as an encouraging reminder of what my intentions are. A sweet, helpful book worth owning.

I read this quickly and greedily. I keep it by my bedside table because I want to memorize every page. It's not just about sleep, but about living mindfully. I love this book and give it as gifts.

A very helpful and insightful book.

I purchased a copy for myself after taking it out of the library. I have had insomnia for the last 40 years & it has helped a lot. Just purchased another copy for my daughter-in-law's baby shower "mommy bag" gift. Every chapter isn't useful for everyone, but there is enough information here to help you get off of sleeping pills.

this was a gift and hopefully will help

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