

	Preface	vii
	Acknowledgments	ix
I	Meditation: Why Bother?	I
2	What Meditation Isn't	II
3	What Meditation Is	23
4	Attitude	33
5	The Practice	39
6	What to Do with Your Body	57
7	What to Do with Your Mind	63
8	Structuring Your Meditation	73
9	Set-up Exercises	81
10	Dealing with Problems	91
11	Dealing with Distractions I	109
12	Dealing with Distractions II	115
13	Mindfulness (Sati)	131
14	Mindfulness versus Concentration	143
15	Meditation in Everyday Life	151
16	What's in It for You	163
	Afterword: The Power of Loving Friendliness	171
	Appendix: The Context of the Tradition	193
	Index	197
	About the Author	207