

Recommended Reading for Beginners

Bhante Bodhidhamma · Bhante's Essays · 1 min read

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Mahasi

In This Very Life

Sayadaw U Pandita

(Perhaps the best book written on the Mahasi method of meditation.)

Doctrine - Theravada

The Buddhas Ancient Path 

Piyadassi Thera

(A very easy beginners book)

What the Buddha Taught

Walpola Rahula

(Slightly more academic, but a good companion to the above.)

Vipassana

Experience of Insight 

Joseph Goldstein

(A good book to begin with.)

Insight Meditation 

Joseph Goldstein

(From talks given on a course.)

The Heart of Buddhist Meditation 

Nyanaponika Thera

(A more academic full approach still considered the classic work.)

Meditation in Daily Life

Mindfulness Meditation for Everyday Life 

Jon Kabat-Zinn

Path with Heart

Jack Kornfield

(Both very good at helping to integrate meditation with daily life.)

Loving Kindness 

Loving Kindness 

Sharon Salzberg

(Vipassana should be balanced with Metta, loving-Kindness practice. An excellent book.)

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