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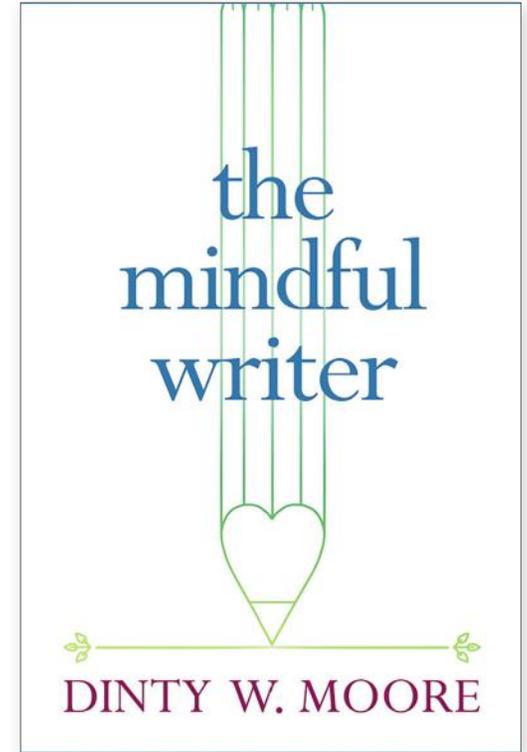
wisdompubs.org

THE MINDFUL WRITER

Dinty W. Moore

June 2016 | Paperback | \$9.95
168 pages | 4.5x6.5" | 97816142913521

Inspiring,
encouraging, and
spiritually uplifting
support for anyone
who writes.



This isn't your typical "how to write" book. Dinty W. Moore, a renowned writer and teacher, illuminates where writing and creativity originate, how mindfulness plays into work, and what it means to live a life dedicated to writing.

The Mindful Writer features bite-sized essays that will delight and inform. Built around heartening quotes from famous writers and thinkers, it is a resource that readers will turn to again and again for guidance and encouragement.

This edition includes a new introduction exploring the centrality of mindfulness in a writer's practice and craft as well as a selection of writing prompts to get you started on writing mindfully right away.

Dinty W. Moore is director of creative writing at Ohio University. He is the author of ten books and has been published in *Harper's*, the *New York Times Magazine*, *Arts & Letters*, and others. He's also a National Endowment for the Arts fellowship recipient. He lives in Athens, Ohio.

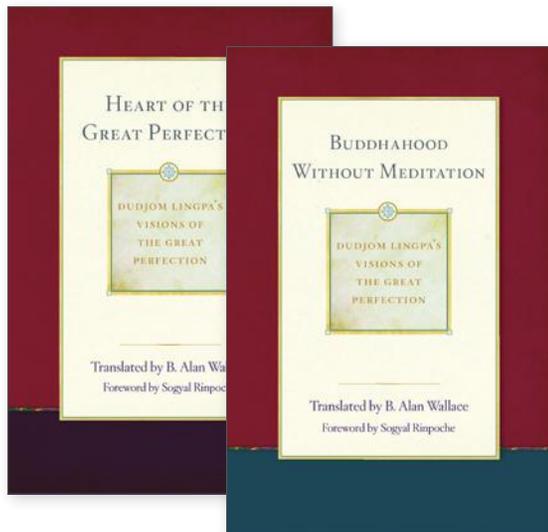


DÜDJOM LINGPA'S VISIONS OF THE GREAT PERFECTION

B. Alan Wallace

HEART OF THE GREAT PERFECTION
Volume 1

June 2016 | Paperback | \$19.95
344 pages | 6x9" | 9781614293484



BUDDHAHOOD WITHOUT MEDITATION
Volume 2

January 2017 | Paperback | \$19.95
344 pages | 6x9" | 9781614293460

The first two in a three-volume set presenting the revelations of the highly influential Tibetan mystic.

Düdjom Lingpa (1835–1904) was one of the foremost tantric masters of his time. This new series includes his five visionary teachings on the Great Perfection (Dzogchen), the pinnacle of practice in Tibet's oldest Buddhist school, along with three essential commentaries.

While the teachings in this series have inspired generations of Tibetans, only one of the eight texts has been widely available in translation—until now.

B. Alan Wallace has served as interpreter for the Dalai Lama and is president of the Santa Barbara Institute for Consciousness Studies. He trained for many years as a monk and has taught Buddhist theory and practice in Europe and America since 1976.

Also by B. Alan Wallace
The Attention Revolution
Stilling the Mind
Tibetan Buddhism from the Ground Up

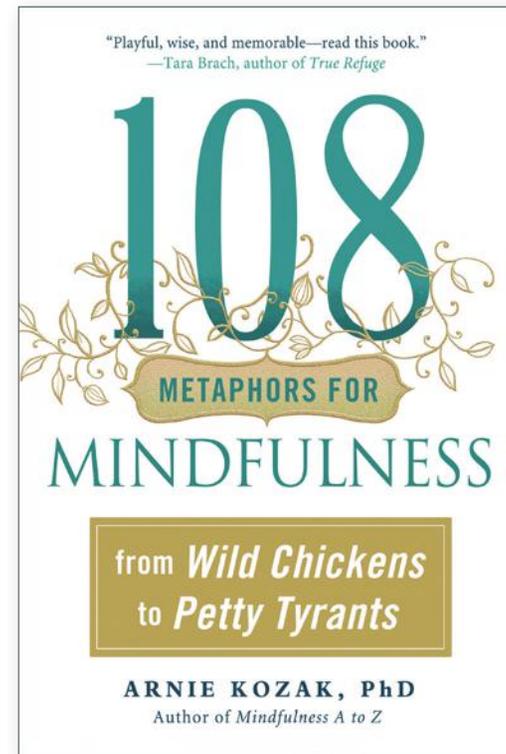
108 METAPHORS FOR MINDFULNESS

FROM WILD CHICKENS TO PETTY TYRANTS

Arnie Kozak

June 2016 | Paperback | \$16.95
240 pages | 6x9" | 9781614293835

An engaging and accessible little book is filled with humor and profound teaching.



108 Metaphors for Mindfulness offers a wealth of novel ways to understand and teach about meditation, self-acceptance, change, and a host of related topics. Dr. Kozak has cultivated over twenty-five years of meditating, practicing yoga, and working as a clinical psychologist.

His mentally catchy images can motivate us, show us how to bring mindfulness to life in our personal experience, and help us employ powerful methods for transformation.

This book was previously published under the title *Wild Chicken and Petty Tyrants*.

Arnie Kozak is the founder of Exquisite Mind, a mindfulness-based psychotherapy consultation service. He was also a Clinical Fellow in Psychology at the Harvard Medical School, where he completed his doctoral training. He lives in Burlington, Vermont.

Also by Arnie Kozak
Mindfulness A to Z



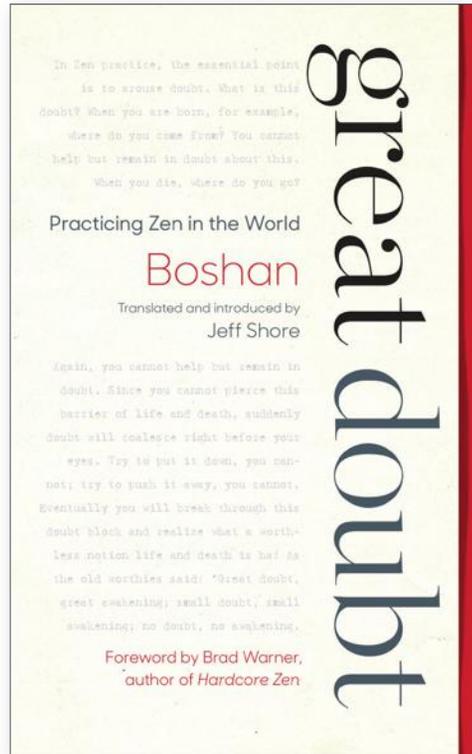
GREAT DOUBT PRACTICING ZEN IN THE WORLD

Boshan

Translated and introduced
by Jeff Shore

Foreword by Brad Warner

July 2016 | Paperback | \$14.95
128 pages | 5x8" | 9781614292302



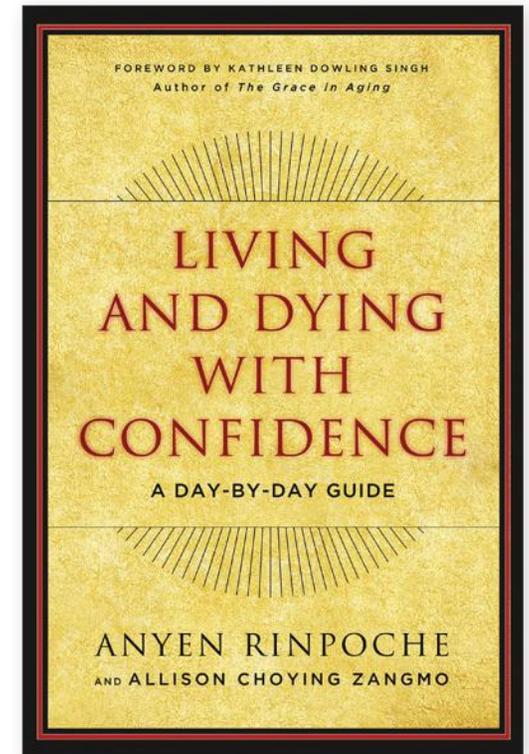
LIVING AND DYING WITH CONFIDENCE

A DAY-BY-DAY GUIDE

Anyen Rinpoche and
Allison Choying Zangmo

Foreword by Kathleen Dowling Singh

July 2016 | Paperback | \$14.95
216 pages | 6x9" | 9781614292289



Overcome the pitfalls of Zen practice—self-indulgence, suppression, speculation, asceticism—with this first complete translation of a Zen classic.

There are many ways in which we may delude ourselves in spiritual practice. Doubt can be a powerful tool that rouses us from the complacency that comes with intellectual musing, ascetic striving, emotional suppression and quiet meditation.

Great Doubt presents for the first time complete translations of the ancient Chinese master Boshan's key works on working with doubt.

This little book contains the most powerful medicine for the diseases that plague spiritual practice.

Boshan (1575-1630) was one of the leading Chinese Buddhist masters of the Ming dynasty.

Jeff Shore is a professor at Hanazono University in Kyoto, Japan.

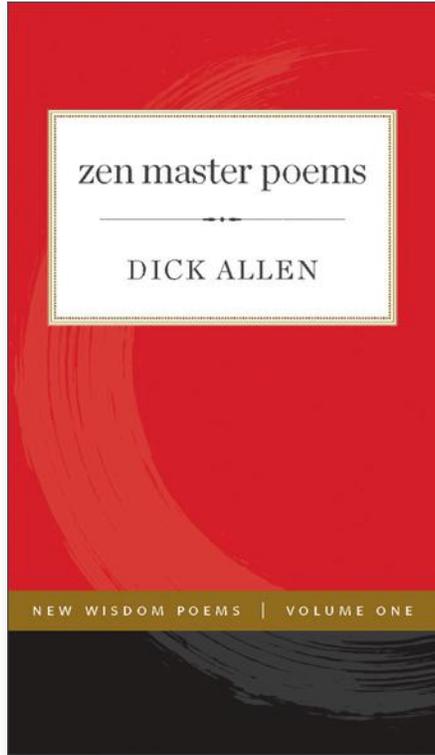
A practical companion to help readers prepare for death intellectually, emotionally, and spiritually.

Through Buddhist teachings on death, this book encourages step-by-step development of qualities such as lovingkindness, compassion, generosity, and patience. Each day offers a short teaching followed by a specific, concrete exercise to help you reflect on and fully integrate the teaching.

Through vivid and evocative contemplative scenarios and action items, *Living and Dying with Confidence* brings practice off the cushion and into ordinary life.

Anyen Rinpoche is a Tibetan master focusing on preparing practitioners for the moment of death. His training includes more than fourteen years of intensive study combined with solitary retreat. He lives in Denver, Colorado.

Also by Anyen Rinpoche
Dying with Confidence
Journey to Certainty
Momentary Buddhahood



ZEN MASTER POEMS

NEW WISDOM POEMS

Dick Allen

August 2016 | Paperback | \$14.00
152 pages | 4x7" | 9781614292999

A tour-de-force collection by one of America's most celebrated contemporary poets.

Frisbees, Johnny Cash, and lonely railroad crossings: All coexist alongside Zen's traditional imagery of cherry blossoms and mountain landscapes in *Zen Master Poems* evoking calm, reflection and humor for readers and seekers on every path.

Featuring titles like a "Cat Named Zen" and images like Jack Kerouac watching lightning strike, these lovely and mysterious poems are sure to stick with you. While it pays tribute to Han-Shan's famous Cold Mountain Poems, the voice here is truly novel and fresh.

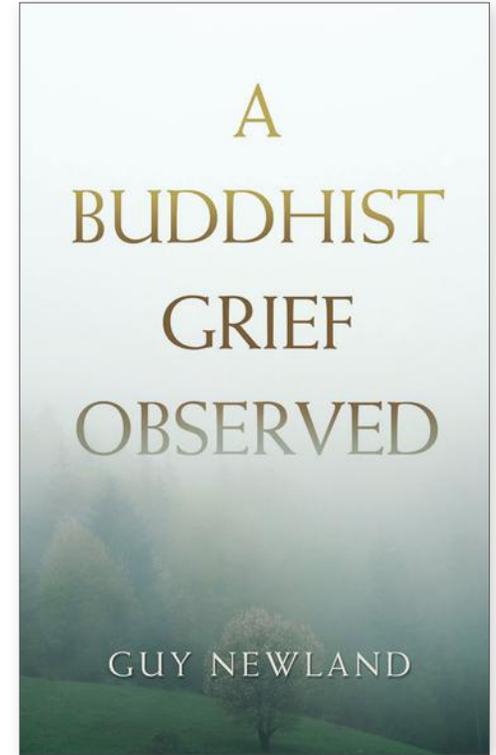
Dick Allen has published eight volumes of poetry and served as Connecticut's State Poet Laureate for five years. He and has won prizes and praise for his poetry nationwide. Allen lives and writes in Trumbull, Connecticut.

A BUDDHIST GRIEF OBSERVED

Guy Newland

August 2016 | Paperback | \$14.95
136 pages | 5x8" | 9781614293019

In the "season in hell" following the death of a partner, amid the world-shattering pain of loss, what helps?



In this brave record of his devastating experience, Guy Newland recounts falling to pieces and then learning to make sense of his pain and grief within the Buddhist tradition.

A Buddhist Grief Observed finds inspiration from all corners of the Buddhist world. It reflects on what practices and teachings actually helped the author from personal experience rather than a dogmatic position.

Pulsing with honesty, kindness, and deep compassion, it conveys the value of responding fully and authentically to the death of a loved one. Newland reminds those in anguish that they are not alone.

Guy Newland is Chair of the Department of Philosophy and Religion at Central Michigan University. He has contributed to several books on Tibetan Buddhism. Since the loss of his wife, he has expanded his teachings to include topics on death, dying, and grief. He lives in Mount Pleasant, Michigan.

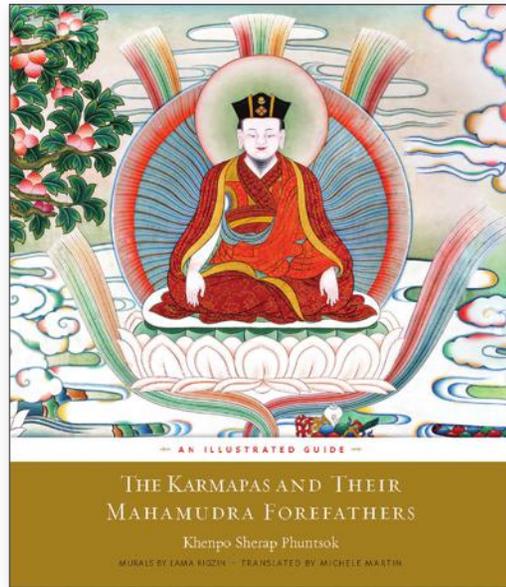


THE KARMAPAS AND THEIR MAHAMUDRA FOREFATHERS

AN ILLUSTRATED GUIDE

Khenpo Sherap Phüntsook
Illustrated by Lama Rigzin
Translated by Michele Martin

September 2016 | Paperback | \$34.95
320 pages | 6.5x7.5" | 9781614292807

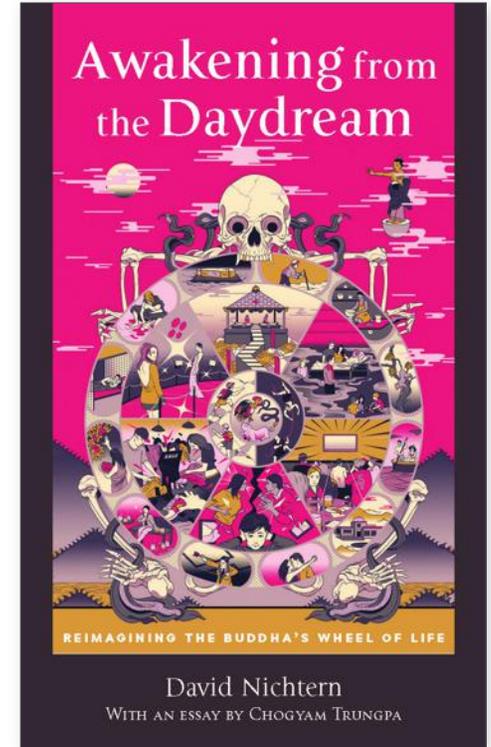


AWAKENING FROM THE DAYDREAM

REIMAGINING THE BUDDHA'S WHEEL OF LIFE

David Nichtern
Foreword by Lodro Rinzler
Contribution by Chögyam Trungpa

October 2016 | Paperback | \$15.95
136 pages | 5x8" | 9781614290056



Lively, engaging stories and exquisite portraits are sure to inspire all practitioners of Tibetan Buddhism.

The Karmapas and Their Mahamudra Forefathers collects fascinating accounts of the lives of the Karmapas (the leaders of the Kagyu Buddhist tradition) and of their forefathers in the Mahamudra practice lineage. Each story is accompanied by a beautiful, full-color illustration of its subject in the lineage, as depicted in the traditional Karma Gadri style at the renowned Thangu Tashi Yangtse Monastery in Nepal.

Khenpo Sherap Phüntsook is a Buddhist monk and was appointed junior chant master for the Great Kagyu Monlam by the Seventeenth Karmapa Ogyen Trinley Dorje. He lives in Nepal.

Michele Martin is the author of *Music in the Sky* and numerous translations from Tibetan texts on philosophy and meditation. She lives in the Catskill Mountains of upstate New York.

Hell realms, gods, and hungry ghosts—discover how these ancient symbols are still relevant to our modern life.

Awakening from the Daydream reimagines the ancient allegory of the Wheel of Life for the modern world. Famously painted at the entryway to Buddhist monasteries, the Wheel of Life encapsulates the entirety of the human situation. Encoded in the image of the Wheel, we find how to make sense of life and find peace with an uncertain world.

Meditation teacher David Nichtern speaks clearly to our contemporary society and its concerns, and providing simple practical steps for building a calm, mindful, and compassionate approach to living. This teaching is meant for us, right now, in this world.

David Nichtern is co-director of the LA Shambhala Center and Karne Choling Meditation Center. Nichtern is also a well-known composer, producer, and musician, a four-time Emmy winner and a two-time Grammy nominee. Among his many credits are the classic song “Midnight at the Oasis” and the score for Christopher Guest’s film *The Big Picture*.



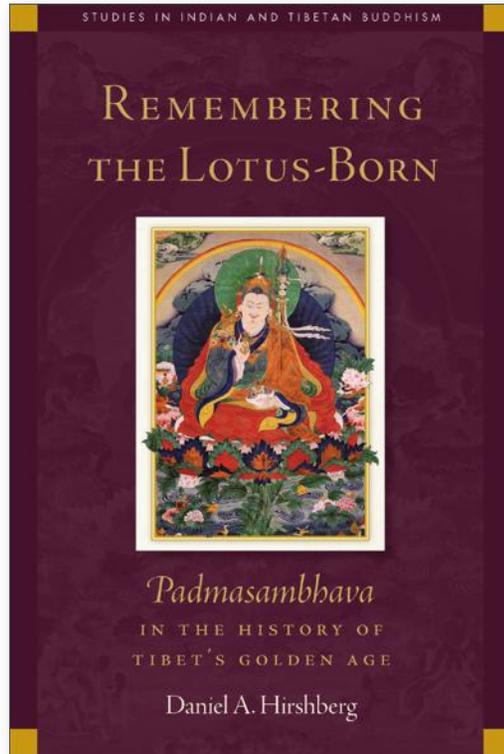
REMEMBERING THE LOTUS BORN

PADMASAMBHAVA IN THE HISTORY OF TIBET'S GOLDEN AGE

STUDIES IN INDIAN AND TIBETAN BUDDHISM

Daniel Hirshberg

October 2016 | Paperback | \$34.95
256 pages | 6x9" | 9781614292319

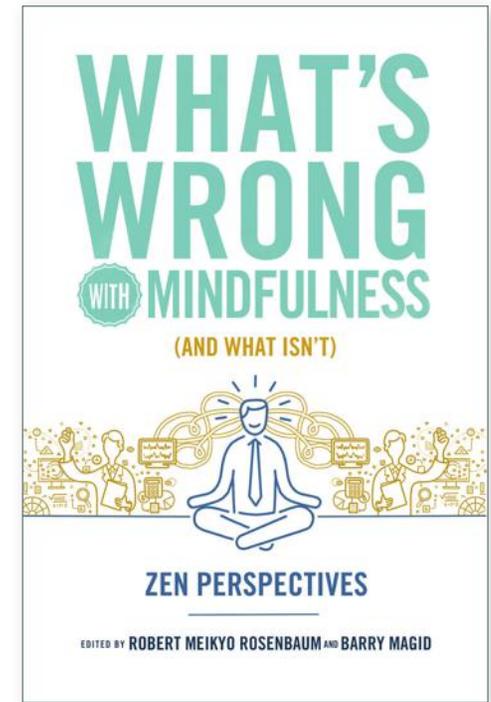


WHAT'S WRONG WITH MINDFULNESS (AND WHAT ISN'T)

ZEN PERSPECTIVES

Edited by Robert Meikyo Rosenbaum and Barry Magid

October 2016 | Paperback | \$15.95
160 pages | 6x9" | 9781614292838



Discover the story of Tibet's conversion to Buddhism and the man who told it.

Scholars have long assumed that Nyangral Nyima Öser's *Copper Island Biography of Padmasambhava* was originally presented as a treasure text. However, investigating its sources show that it was a product of the Tibetan assimilation of core Indian Buddhist literary traditions, well known to Nyangral. *Remembering the Lotus-Born* takes an unprecedented look at Nyangral's remarkable life and work, including his contributions to

- hagiography
- reincarnation theory
- the treasure tradition
- historiography.

It concludes with a comparison of all available versions of Nyangral's Padmasambhava narrative to challenge long-held assumptions and clarify its origin and transmission. It also includes a four-page color insert.

Daniel Hirshberg earned a PhD from Harvard and is an assistant professor at the University of Mary Washington in Fredericksburg, Virginia.

Mindfulness is everywhere—but does secular mindfulness set a dangerous precedent?

Mindfulness is in fashion. Oprah and Google love it. It has become widespread as a cure-all for all manner of difficulties.

However, when it is severed from its Buddhist roots, it runs the risk of losing its transformative power and being co-opted into the spiritual equivalent of fast food: "McMindfulness." Instead of being better people, we just become better employees, better consumers. The Zen teachers gathered here ask a bold question: Is universal mindfulness really a good thing?

With contributions from Gil Fronsdal, Norman Fischer, Grace Schireson, and more.

Robert Meikyo Rosenbaum is a neuropsychologist and psychotherapist who now devotes himself full time to Zen and qigong. He is the author of *Walking the Way* and lives in Emeryville, California.

Barry Magid is a Zen teacher, psychiatrist, and psychoanalyst. He is the author of *Ordinary Mind*, *Ending the Pursuit of Happiness*, and *Nothing Is Hidden*. Magid lives in New York, New York.

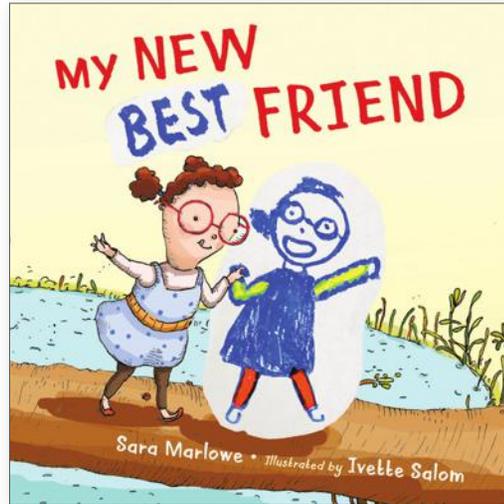


MY NEW BEST FRIEND

Story by Sara Marlowe

Illustrated by Ivette Salom

November 2016 | Hardcover | \$15.95
32 pages | 8x8" | 9781614293538

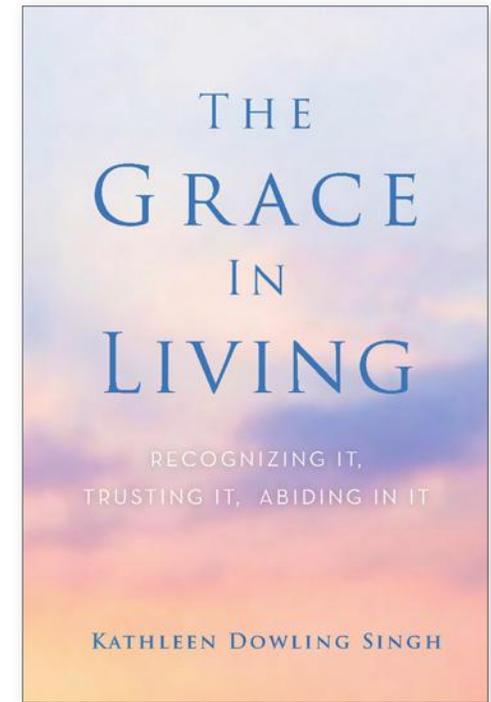


THE GRACE IN LIVING

RECOGNIZE IT, TRUST IT, ABIDE IN IT

Kathleen Dowling Singh

November 2016 | Paperback | \$17.95
216 pages | 6x9" | 9781614292852



Teach kids resilience, self-compassion, and confidence through the discovery of their new best friend—themselves.

"My new best friend comforts me when I'm sad, encourages me when I'm stressed, and celebrates with me when I succeed. Who is my best friend? Me!"

A young girl tells us about her new best friend and all the ways she is supported by her—no matter what, her friend is always there to empathetically validate how she feels. Through the girl's playful doodles, we realize that this friend is not so new after all, but a very special and important part of her own world.

Laying the groundwork for developing self-compassion and resilience in childhood, *My New Best Friend* shows how we can be kind and understanding toward ourselves, especially when we are the least likely to be that way.

Sara Marlowe is a clinical social worker, university lecturer and musician. She is the author of *No Ordinary Apple*. She lives in Toronto, Canada.

Ivette Salom has illustrated a number of children's books including *When the Anger Ogre Visits*. She lives in Portland, Oregon.

Bestselling author Kathleen Dowling Singh, with the support of five spiritual teachers, shows us how to live a life of grace within the archetype of sacred pilgrimage.

We are all on a sacred pilgrimage to awakening—yet how many of us trust in the unfolding of our spiritual path? Kathleen Dowling Singh demystifies the mystical experience in *The Grace in Living*, showing us how the art of telling our spiritual biography—our own journey into Grace—can bring healing and transformation. Respected teachers across religious traditions like Rodney Smith, Cynthia Bourgeault, and Llewellyn Vaughan-Lee also share parts of their own spiritual biographies, letting us see how the beauty of awakening takes place in everyday moments.

Complete with a framework to help you begin to tell your own story, this book will be an invaluable friend on your spiritual path, offering wisdom to accompany you on the contemplative journey of remembrance and realization.

Kathleen Dowling Singh is a Dharma practitioner, psychotherapist, and in-demand speaker and teacher. She lives in Sarasota, Florida.

Also by Kathleen Dowling Singh
Grace in Aging

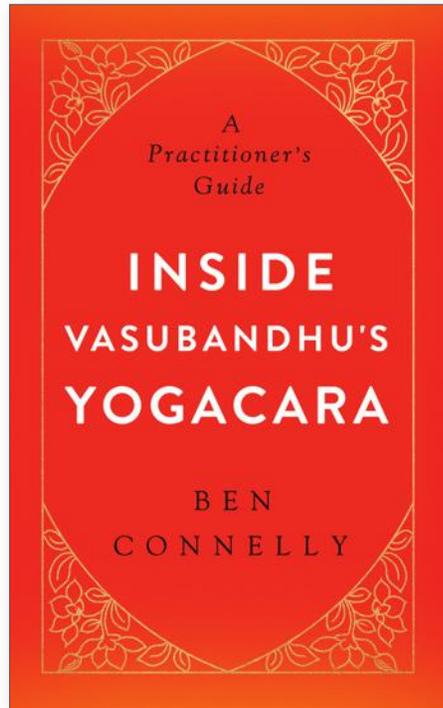


INSIDE VASUBANDHU'S YOGACARA

A PRACTITIONER'S GUIDE

Ben Connelly

December 2016 | Paperback | \$16.95
248 pages | 5x8" | 9781614292845



Ben Connelly sure-handedly guides us through the intricacies of Yogacara and the richness of Vasubandhu's "Thirty Verses on Consciousness Only." Dedicating a chapter of the book to each line of the poem, Connelly's warm and wise voice unpacks and contextualizes Vasubandhu's wisdom, showing us how we can apply its ancient insights to create a life of engaged peace, harmony, compassion, and joy.

Although Yogacara has a reputation for being complex, the "Thirty Verses" distills the principles of this tradition to its most practical forms, and this book follows that sense of focus.

This is a great introduction to a philosophy, a master, and a work whose influence reverberates throughout modern Buddhism.

Ben Connelly is a Soto Zen priest in Minneapolis, Minnesota.

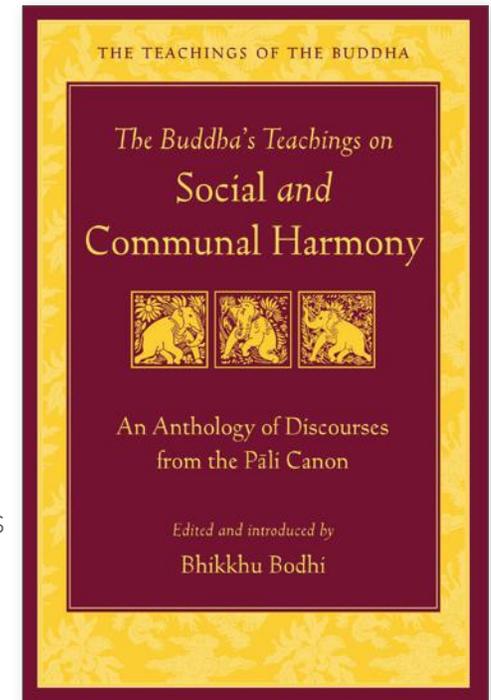
Also from Ben Connelly
Inside the Grass Hut

THE BUDDHA'S TEACHINGS ON SOCIAL AND COMMUNAL HARMONY

AN ANTHOLOGY OF DISCOURSES
FROM THE PĀLI CANON

TEACHINGS OF THE BUDDHA
Bhikkhu Bodhi

November 2016 | Paperback | \$17.95
248 pages | 6x9" | 9781614293552



In a world
of conflict and
strife, how can
we be proactive
makers of change?

Collected here for the first time in one volume are the Buddha's teachings on conflict resolution, interpersonal and social problem solving, and building harmonious relationships. Chapter topics include

- dealing with anger
- good friendship
- settling disputes
- establishing an equitable society
- and more.

A concise, informative introduction precedes each chapter, guiding the reader toward a deeper understanding of the texts.

This text belongs on the bookshelf of anyone looking to bring peace to the world.

Ven. Bhikkhu Bodhi is the premier English language translator of the Pāli Canon. His publications include Wisdom's *Teachings of the Buddha* series. He lives in Carmel, New York.

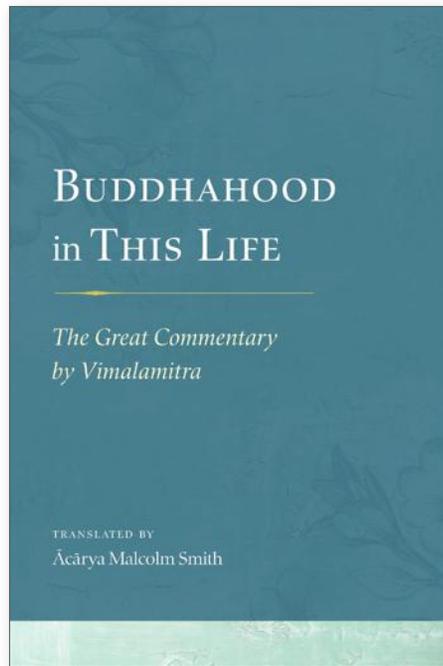
Also from Bhikkhu Bodhi
In the Buddha's Words



BUDDHAHOOD IN THIS LIFE

THE GREAT COMMENTARY
BY VIMALAMITRA
Malcolm Smith

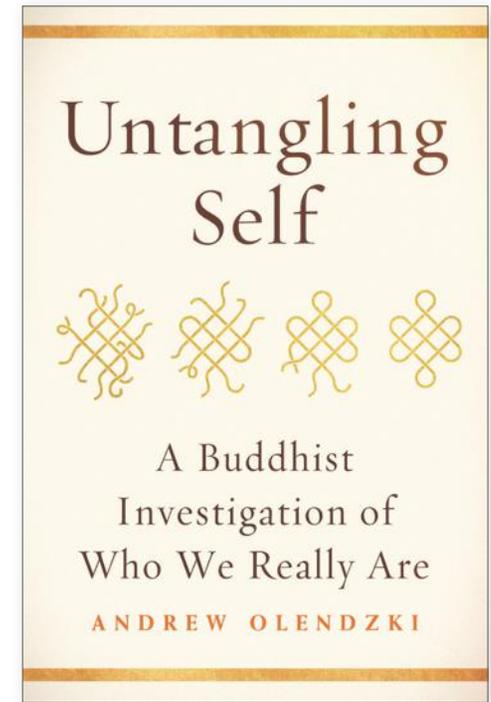
December 2016 | Hardcover | \$29.95
248 pages | 6x9" | 9781614293453



UNTANGLING SELF

A BUDDHIST INVESTIGATION OF
WHO WE REALLY ARE
Andrew Olendzki

December 2016 | Paperback | \$17.95
200 pages | 6x9" | 9781614293002



Discover a profound text that has influenced Tibetan teachers for generations. This is a complete translation of the earliest Tibetan commentary on the Dzogchen secret instructions.

Available for the first time in English, *Buddhahood in This Life* presents one of the earliest and most influential texts in the Dzogchen or Great Perfection tradition of Tibetan Buddhism. It explores the theory and practice of the Great Perfection tradition, shows how Dzogchen meditation relates to the entirety of the Buddhist path, and outlines how we can understand buddhahood—and even achieve it in our lifetime.

Translator Malcolm Smith includes an overview, analysis, and clarification for all topics. *Buddhahood in This Life* covers fine details of Dzogchen meditation, including profound “secret instructions” rarely discussed in most meditation manuals. This text is essential for any serious student of the Great Perfection.

Malcolm Smith is a graduate of the Shang Shung Institute’s School of Tibetan Medicine and has been a student of Chogyal Namkhai Norbu since 1992. He is a translator of Tibetan Buddhist texts and was awarded the Acharya degree by the Sakya Institute in 2004. He lives in Ashfield, Massachusetts.

Olendzki brings his decades of Buddhist and psychology experience to help readers evolve to be more altruistic, lessen suffering, and bring about general well-being in the world.

Drawing on Buddhist wisdom with clear eyes, Andrew Olendzki’s *Untangling Self* gives careful thought to what it is we are making of Buddhism today. In essays that equally probe traditional Buddhist thought and contemporary issues, this eye-opening book helps us to better see both the Buddha and ourselves. Olendzki’s writing is sophisticated and engaged, filled with memorable imagery and insight drawn from decades of study, reflection, and meditation on Buddhist teachings. Seasoned Buddhist readers and anyone interested in the intellectual heart of Buddhism will find this collection of fascinating essays rewarding. *Untangling Self* inspires us to see nonself, interdependence, and mindfulness as rational, real-world answers to the human condition.

Andrew Olendzki, PhD is the former executive director of the Insight Meditation Society and the Barre Center for Buddhist Studies.

Also from Andrew Olendzki
Unlimiting Mind

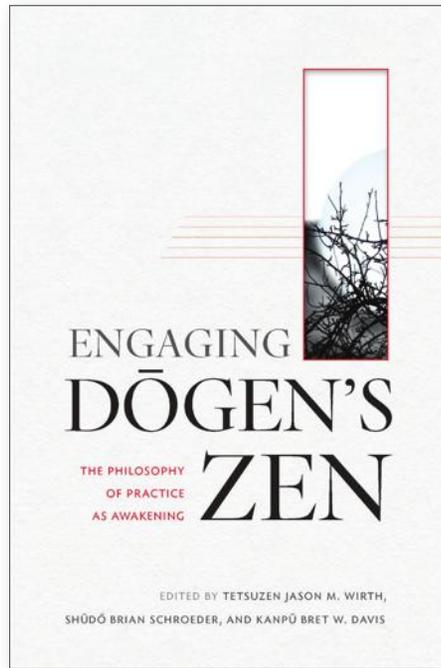


ENGAGING DŌGEN'S ZEN

THE PHILOSOPHY OF PRACTICE AS AWAKENING

Edited by Tetsuzen Jason M. Wirth, Shūdō Brian Schoeder, and Kanpū Bret W. Davis

January 2017 | Paperback | \$17.95
300 pages | 6x9" | 9781614292548

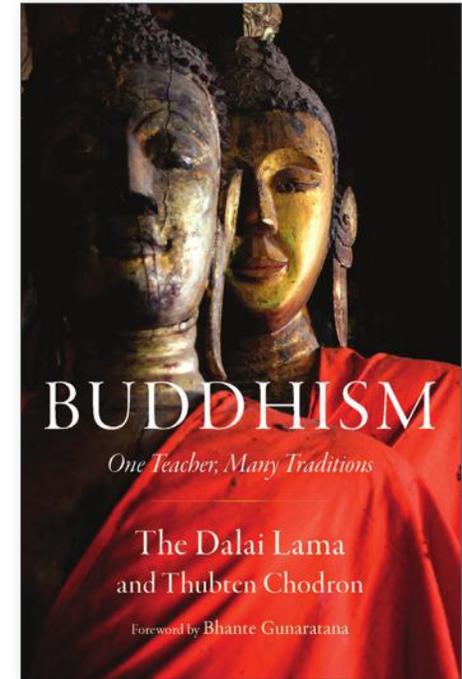


BUDDHISM

ONE TEACHER,
MANY TRADITIONS

The Dalai Lama and
Thubten Chodron
Foreword by Bhante Gunaratana

January 2017 | Paperback | \$17.95
352 pages | 6x9" | 9781614293927



Now in paperback!
Explore with the
Dalai Lama the
common ground
underlying the
diverse traditions
of Buddhism.

Buddhism is practiced by millions of people worldwide. In *Buddhism*, the Dalai Lama and Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—Pali and Sanskrit traditions. Deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as

- the four noble truths
- the practice of meditation
- the meaning of nirvana
- enlightenment.

The authors illuminate the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

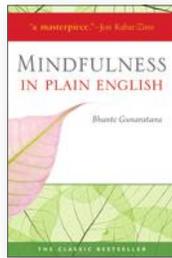
The Dalai Lama is the spiritual leader of the Tibetan people. In 1989 he was awarded the Nobel Peace Prize.

Venerable Thubten Chodron is the author of several bestselling books. She lives in Newport, Washington.

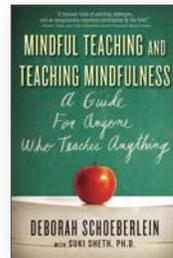
How are the teachings of a 13th century master relevant today? Twenty contemporary writers show how we can still find meaning in Dōgen's teachings.

Engaging Dōgen's Zen is a practice oriented study of two key Sōtō Zen texts: *Shushōgi* (a canonical distillation of Dōgen's thought) and *Fukanzazengi* (Dōgen's essential text on the practice of "just sitting"). It is also a study of the entire self. Here, the principles of Sōtō Zen practice are unpacked and explained by leading contemporary Buddhists—monks, priests, academics, and community teachers. Tackling Dōgen's approach to key issues, such as universal buddha nature and what it means to be a Mahayana Buddhist, the contributors help readers appreciate better the teachings of Sōtō Zen and make these teachings part of their lives. By revisiting what remains precious in Dōgen's texts, we let them breathe just as we learn to breathe in meditation. We find that Sōtō practice not only engages Dōgen, but all of our sisters and brothers, and indeed the great earth itself.

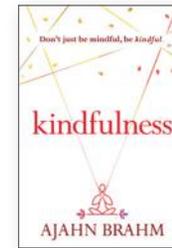
Includes essays from a who's who of Zen leaders, including Taigen Dan Leighton, David Loy, Leah Kalmanson, and more.



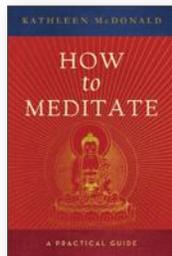
MINDFULNESS IN PLAIN ENGLISH
 Bhante Gunaratana
 Paperback | \$16.95
 224 pages | 9780861719068



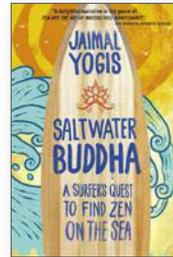
MINDFUL TEACHING AND TEACHING MINDFULNESS
 Deborah Schoeberlein
 David
 Paperback | \$16.95
 224 pages | 9780861715671



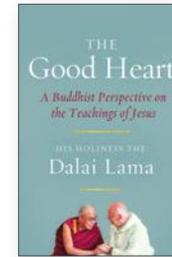
KINDFULNESS
 Ajahn Brahm
 Paperback | \$9.95
 184 pages | 4.5x6.5"
 9781614291992



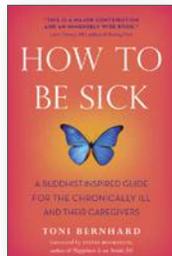
HOW TO MEDITATE
 Kathleen McDonald
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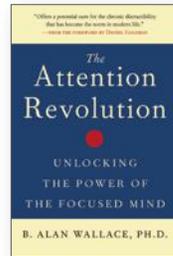
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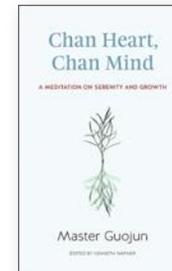
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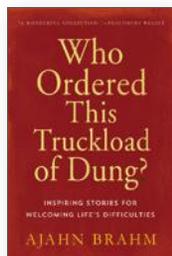
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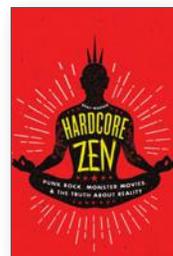
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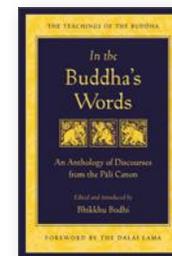
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