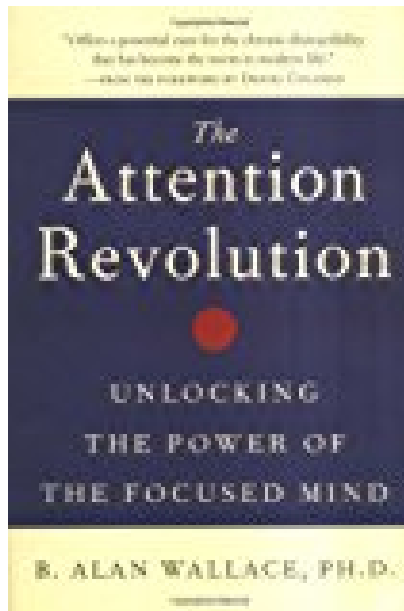


# The Attention Revolution Unlocking the Power of the Focused Mind

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## BOOK DETAILS

- Author : B. Alan Wallace
- Pages : 224 Pages
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- Language : English
- ISBN : 0861712765

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## **BOOK SYNOPSIS**

Shamatha meditation is a method for achieving previously inconceivable levels of concentration. Author B. Alan Wallace, an active participant in the much-publicized dialogues between Buddhists and scholars, has more than 20 years practice in the discipline, some of it under the guidance of the Dalai Lama. This book is a definitive presentation of his knowledge of shamatha. It is aimed at the contemporary seeker who is distracted and defocused by the dizzying pace of modern life, as well as those suffering from depression and other mental maladies. Beginning by addressing the inherent problems.

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