



# Meditation: A Little Book of Wisdom

*Sogyal Rinpoche*

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## **Meditation: A Little Book of Wisdom** Sogyal Rinpoche

Here is a warm and intimate audiobook from one of the best known spiritual teachers of our time. *Meditation* is taken from Sogyal Rinpoche's best seller *The Tibetan Book of Living and Dying*.

For the many thousands of people today who are turning to meditation as an opportunity to deepen their spiritual lives, and for those wishing to discover a way of working with stress, Rinpoche's inspiring advice on meditation practice will be an essential guide.

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