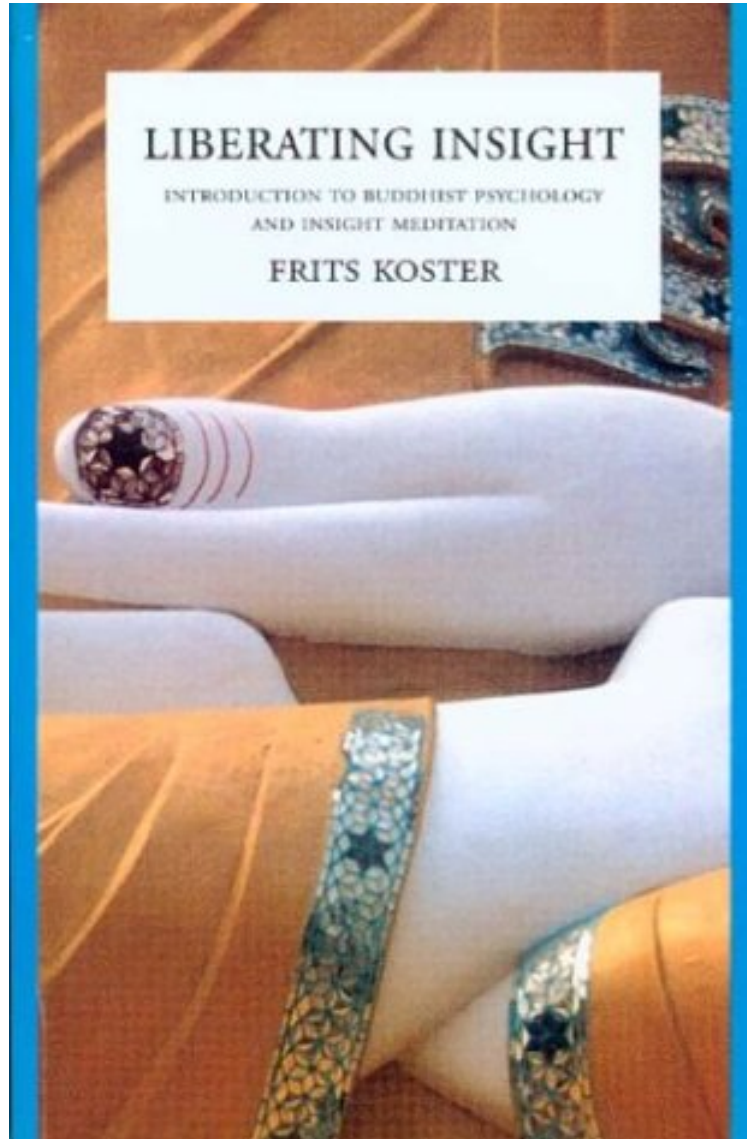


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Liberating Insight: Introduction to Buddhist Psychology and Insight Meditation

Frits Koster

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Frits Koster : Liberating Insight: Introduction to Buddhist Psychology and Insight Meditation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Liberating Insight: Introduction to Buddhist Psychology and Insight Meditation:

2 of 2 people found the following review helpful. This is it! By Kindle Customer This is without doubt one of the clearest and accessible books I have ever read. It discusses the Buddhist approach to life and offers simple practical

guide to the major doorway to insight; meditation. Of great importance to me he discusses the difficulties the serious student may encounter, I picked up the book when things were really difficult for me. He was able to put my experience into context and provide the reassurance I needed that it was all OK, That gave me the direction and the intent to keep going when I felt I would have to give it up. This one was really a life changer for me.

This book introduces the reader to the psychology of Theravada Buddhism, the cradle of all later Buddhist schools and traditions. In simple and clear language Frits Koster describes the fundamental teachings of Buddhism, including the Four Noble Truths, karma and rebirth. He also introduces various forms of meditation, in particular vipassana or insight meditation. After a practical explanation of the method and practice of insight meditation, he elaborates on the fruits of this practice, namely wisdom and purification of the mind. In the final section of the book, Koster applies the principles and benefits of insight meditation to Western society in the areas of health, therapy, relationships, communication and stress. The book offers a rich and authentic introduction to Buddhist psychology and insight meditation.

"Frits Koster has written a succinct overview and introduction to the practical teachings of the Buddha. His accurate presentation of the theory, practice and substantial benefits of liberating insight is informed by his years as a Buddhist monk in Thailand and Burma." Steven Armstrong, Vipassana Metta Foundation, Maui "Liberating Insight is the fruit of Frits Koster's knowledge of both the theory and the practice of Buddhism. I hope this book will be of great benefit to all who are interested in learning about Buddhism." Ven. P.K.K. Mettavihari, Buddhavihara Temple, Amsterdam