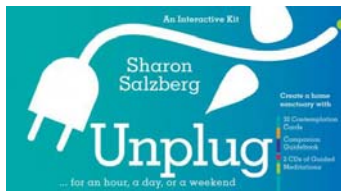




Sharon Salzberg



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Sharon Salzberg has been leading meditation retreats worldwide since 1974. Influenced by her 35 years of study with Buddhist masters from a variety of traditions, she teaches intensive awareness practice (“insight” meditation) and the profound cultivation of lovingkindness and compassion. She is cofounder of the Insight Meditation Society and the Barre Center for Buddhist Studies, both in Massachusetts. Sharon Salzberg is the author of several books, including *The Force of Kindness* (Sounds True, 2005), *Faith* (Riverhead, 2003), *Lovingkindness* (Shambhala, 2004), and *A Heart as Wide as the World* (Shambhala, 1999), and the Sounds True audio programs *Insight Meditation* (with Joseph Goldstein) and *Lovingkindness Meditation*.

Visit www.sharonsalzberg.com to see Sharon Salzberg’s 2008 schedule.

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