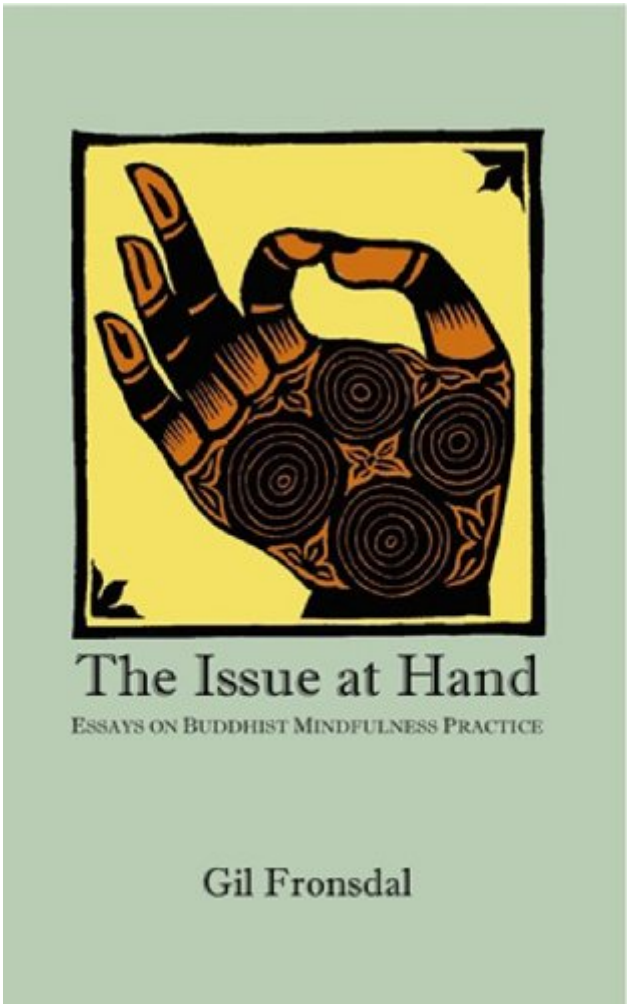
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Issue At Hand



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Synopsis

Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

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Customer Reviews

I have read 40 or so books about buddhism and meditation. I have enjoyed and learned from them all. Gil’s book is the one I return to over and over again. Why?? His concepts are traditional buddhist ideas. So it is always good for me to be reminded of the basics. In addition Gil has a wonderful way of weaving personal stories into his writing, making the concepts very personal and approachable. In addition his focus on tangible ways we can incorporate ideas and practice into our life, to change the way we experience life and the way we interact with others, is a welcome relief from the purely

intellectual. All and all this book gives me the the sense of being in a casual conversation with a very experienced practitioner who is happy to share ideas, stories and encouragement. Well done!

For my money, Gil Fronsdal is the neatest Buddhist teacher in the contemporary English-speaking world. His Dharma talks (see zencast.org or dharmaseed.org) are so straightforward and jargon-free that it's easy to mistake them for Hallmark greeting card material. But this clarity is actually the result of exquisite craftsmanship. Gil explains in this book that he's spent some time teaching children, and he's learned how to reduce complex matters to what newspaper journalists call the "nut 'graph" - the shortest and most elegant statement of fact possible within the limits of language. This book follows that model: brief and to the point. Where history or foreign words are necessary to demonstrate a point, Gil draws on his (massive) scholarly knowledge in the Buddhist Canon. But mindfulness is not about what happened in a foreign land 2,500 years ago - it's right here, right now, and that's where he keeps us for the majority of the book. It's as powerful, practical, and fun as the practice of mindfulness itself.If you're looking for a introductory primer on mindfulness technique, there are better resources. (I'm enjoying Pema Chodron'sÃ Â How to Meditate with Pema Chodron: A Practical Guide to Making Friends with Your Mind.) If at all possible, you should try to get a live human being to teach you, since mindfulness is essentially a participatory, experiential, trans-rational activity. But if you are a working practitioner at any level, this book will go a long way to supplement and contextualize your practice.

This small book packs a tremendous punch. I've read a number of intro books about mindfulness and Buddhism, but this one is by far the best I've come across. It's concise and thorough, with very few wasted words. I never felt like I was reading filler, as I had with some other intro books. The range of topics in this book is wide, and as I Westerner without much exposure to Buddhism, I never felt lost. Mr. Fronsdal has a knack of explaining complicated teachings in everyday language, and this book has helped my understanding of Buddhist mindfulness practice greatly. I especially enjoyed the summary about the Theravada tradition toward the end of the book.There are a lot of intro and how-to books out there, but I would wholeheartedly recommend starting with this one. It will help you cut through the clutter and get to the main points.

This has become one of my favorite books on Buddhism. I originally downloaded the free version of it, but I came here and bought it because it is so wonderful that I want to support the author in his work. It's a practical book, both in the subject matter and in the length of the chapters. Each topic is

an insightful look at something we deal with regularly in life, and each chapter is short enough so that no matter how busy I may feel, I can find time to read a chapter in the morning before I begin my day, which helps me to mindfully approach my day. I am truly thankful for this book, and I expect to re-read it many times over the years.

Gil Fronsdal is a gifted teacher. His writing is reader friendly, clear and direct. Gil does an excellent job of helping his American audience digest and implement transformative Buddhist teachings on mindfulness. Buy this book if you want to practice mindfulness. I also suggest that you visit audiodharma.org and listen to Gil's teachings. Gil Fronsdal's approach is especially good for people who aren't necessarily interested in becoming a Buddhist but want to use mindfulness to help transform their lives.

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