



# Meditation for Life

*Martine Batchelor*

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## **Meditation for Life** Martine Batchelor

In *Meditation for Life*, Martine Batchelor's writing -- through a mix of anecdote, humor, and practical instruction -- brings to bear her considerable experience as a meditation teacher as she explains the techniques of three major Buddhist traditions: Theravada, Tibetan, and Zen, while Stephen Batchelor's full-color photographs invite even the most seasoned practitioner to see with new eyes. This vividly photographed book encourages us to bring creative awareness to every aspect of our lives -- from making conversation to making dinner -- and reveals how every moment can be an opportunity to find joy.

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