



A Heart of Stillness: A Complete Guide to Learning the Art of Meditation

Rabbi David A. Cooper

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A comprehensive guide to meditation for people of all faiths, from the best-selling author of *God Is a Verb*.

The only complete nonsectarian guide to meditation, *A Heart of Stillness* is a comprehensive guidebook to its basic principles and practices.

By showing the way to what mystics have experienced for thousands of years, David Cooper's accessible, clear advice provides invaluable guidance both for students already studying with a meditation teacher, and for those who want to develop a meditative practice on their own.

Drawing from the wisdom of the world's great spiritual traditions, Cooper teaches basic meditative principles and practices to lead us onto the path of self-discovery.

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