



The Meditator's Workbook: A Journey to the Center

Matthew Flickstein

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Using hands-on exercises, journal entries, guided meditations, and lively vignettes, *The Meditator's Workbook* will help you:

- Live more deeply and joyfully in the moment
- Uncover the true source of stress
- Resolve grief
- Explore and express forgiveness
- See through the inevitable distortions of the mind
- Recognize and actualize your goals
- Find real inner peace and a thoroughgoing well-being

Whether your goal is to reduce stress or to gain deeper insight and mastery over your inner life, this simple, straightforward guidebook is the tool to use for learning why and how to meditate. Through its unique workbook-style presentation, *The Meditator's Workbook* leads you to discover your own starting point, teaches you how to gain mental clarity and remove the obstacles you inevitably encounter, and helps you to identify the insights that are appropriate to each stage of your journey to spiritual and psychological maturity.

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