



Room to Breathe: An At-Home Meditation Retreat with Sharon Salzberg

Sharon Salzberg

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Between the smartphone, laptop, tablet, and whatever else is demanding your attention, sometimes you just need to unplug! *Room to Breathe* brings you a series of beginner-friendly guided meditations and mindfulness techniques to help you regain a sense of spaciousness and ease.

These essential practices were created to give you the feel of a meditation retreat at home—but can be enjoyed in any place conducive to a period of undisturbed quiet. Enhanced by a guidebook with teachings for breaking free from stressful habits and remembering what’s most important, *Room to Breathe* leads you through eight refreshing exercises including:

- Calming the Mind—breathing practices to replace anxiety with composure and strength
- Facing Challenges—cultivating courage and compassion to transform your relationship to suffering
- Opening the Heart—a self-directed lovingkindness meditation

“Going on retreat doesn’t remove us from the ups and downs of life,” explains Sharon Salzberg, “but it provides a way to understand ourselves more fully, to care more deeply for ourselves and others, and to do nothing for a while, with awareness and love.” Find respite whenever you need it with *Room to Breathe*.

Please note that this content was previously released as part of *Unplug: For an Hour, A Day, or a Weekend*.

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