

Required Texts
Mindfulness Meditation and Buddhist Teachings:
A Path to Insight, Peace, and Wisdom

- 1) Gil Fronsdal, *The Issue at Hand: Essays on Buddhist Mindfulness Practice*, Bookland, Second Edition, 2008.
 - [Free download](#)
 - [Online edition](#)
 - [Print edition at Amazon.com](#)

- 2) *Commentary on the Torah*, Richard Elliott Friedman, HarperOne, 2003.
 - [Print edition at Amazon.com](#)

- 3) Gil Fronsdal and Ines Freedman, *Introduction to Mindfulness Meditation: Online Course Materials*.
 - [Online edition](#)

- 4) *Book of Job* (whatever translation you have). Here are my two favorites; the second is more scholarly than the first.
 - Raymond P. Scheindlin, *The Book of Job: Translation, Introduction, and Notes*, W. W. Norton & Company, 1998.
 - Edwin M. Good, *In Turns of Tempest: A Reading of Job with a Translation*, Stanford University Press, 1990.

Recommended Text

- 1) Richard S. Ellis, *Blinding Pain, Simple Truth: Changing Your Life Through Buddhist Meditation*, Rainbow Books, 2011.
 - [Information](#)
 - [Print edition at Amazon.com](#)