



150 WORD BIO

Sharon Salzberg is a meditation pioneer, world-renowned teacher, and New York Times bestselling author. She is among the first to bring mindfulness and lovingkindness meditation to mainstream American culture 50 years ago, inspiring generations of meditation teachers and wellness influencers. Sharon is co-founder of the Insight Meditation Society in Barre, MA, and the author of thirteen books, including the New York Times bestseller *Real Happiness*, now in its second edition, and her seminal work, *Lovingkindness*. In 2023, Sharon released two new books. The first, *Real Life*, is now available from Flatiron Books in hardcover, ebook, and audiobook formats. The second, *Finding Your Way*, is a small gift book now available from Workman Publishing in hardcover and ebook formats. Sharon's podcast, *The Metta Hour*, has amassed six million downloads and features interviews with thought leaders from the mindfulness movement and beyond. www.sharonsalzberg.com

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