



Sharon Salzberg is a pioneer in the field of meditation, a world-renowned teacher and NY Times bestselling author. She has played a crucial role in bringing meditation and mindfulness to the West and into mainstream culture since 1974, when she first began teaching. Sharon is the co-founder of the first western meditation center in the US: The Insight Meditation Society, in Barre, MA. She has authored ten books, including the New York Times bestseller, *Real Happiness*, her seminal work, *Lovingkindness* and her 2017 release, *Real Love: The Art of Mindful Connection*. Acclaimed for her down-to-earth teaching style, Sharon offers a secular, modern approach to Buddhist teachings, making them instantly accessible. She is a regular columnist for On Being, a contributor to Huffington Post, and the host of her own podcast, *The Metta Hour*, with over 70 episodes. Learn more at www.sharonsalzberg.com