Real Change: Mindfulness to Heal Ourselves and the World

From one of the world’s leading experts in meditation comes a roadmap for engaging in challenging times with clarity, calm, and heartfulness. *Real Change: Mindfulness to Heal Ourselves and the World* guides us to embody the fundamental principles of mindfulness and lovingkindness meditation to create a better world for both ourselves and others. In her eleventh book, Sharon Salzberg teaches us that meditation is not a replacement for taking action, but rather a way to practice generosity with ourselves and summon the courage to break through boundaries, reconnect to a movement that’s bigger than ourselves, and have the energy to stay active.

Consulting with veteran activists and social change agents in a variety of fields, Sharon collects and shares their wisdom and offers the best practical advice to foster transformation in both ourselves and in society. Real Change guides us to embody the fundamental principles of mindfulness practice toward greater clarity and confidence so that we can create a better world. Set for release in hardcover, e-book, and audio-book formats in September 2020 from Flatiron Books.

For more information visit: [www.realchangebook.com](http://www.realchangebook.com)