

Sharon  Salzburg

Sharon Salzburg is a meditation pioneer, world-renowned teacher, and New York Times bestselling author. She is one of the first to bring mindfulness and lovingkindness meditation to mainstream American culture over 45 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 twelve books, including the New York Times bestseller, *Real Happiness*, now in its second edition, and her seminal work, *Lovingkindness*. Her forthcoming release, *Real Life: The Journey from Isolation to Openness and Freedom*, is set for release in April of 2023 from Flatiron Books. Her podcast, *The Metta Hour*, has amassed five million downloads and features interviews with thought leaders from the mindfulness movement and beyond. www.sharonsalzburg.com