Dear bookseller,

Thank you for taking time to browse our 2011/2012 trade catalogue.

Inside you’ll find a selection of our titles that are suitable for a general readership. They cover introductory aspects to Buddhism, explorations of life issues from a Buddhist perspective, practical meditation guidance and writing guides.

We hope you find at least one book that suits your list. Our sales and distribution details can be found below.

Regards,

Priyananda Joseph
Publishing Director

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INTRODUCTION TO BUDDHISM 4

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MEDITATION 14

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www.windhorsepublications.com
Introducing Buddhism
Chris Pauling

Concise introductory guide to Buddhism
Lively and engaging — for the complete beginner
Timeless bestseller

From the development of awareness to the attainment of wisdom, this bestseller explains the essential teachings and practices that form the basis of Buddhism. *Introducing Buddhism* packs a lot of information into its 80 pages, but it also communicates the emotional appeal of a tradition which has had such a strong impact on the lives of many Westerners over recent decades.

Chris Pauling (Vadanya) has been a practicing Buddhist for over 25 years. He has worked in publishing, and the environmental movement, and now teaches Buddhism and meditation full time at Sheffield Buddhist Centre.

PAPERBACK
ISBN 9780 904766 97 4
Pub. date October 1999
Price £7.99 / $12.95 / €8.95
Size 204 x 136mm
Extent 80 pages
Category Buddhism
Level Beginner
A Guide to The Buddhist Path
Sangharakshita

A reliable and far-reaching guide
Written by the founder of the Triratna Buddhist Order
New edition of this popular title

In the third edition of this highly readable anthology Sangharakshita sorts out fact from myth and theory from practice, to reveal the principal ideals and teachings of Buddhism. The result is a reliable and far-reaching guide to this inspiring path.

Sangharakshita is the founder of Triratna (formerly the Friends of the Western Buddhist Order), a worldwide Buddhist movement. He is the author of over 40 books.
Sailing the Worldly Winds
A Buddhist Way Through the Ups and Downs of Life
Vajragupta

Unique guidance on the ups and downs of life

Suitable for general readers and Buddhists alike

Perfect for every-day reference and practice

How do we really get on in this world? Tossed around by gain, buffeted by loss, borne aloft by praise, cast down by blame, how can we not be ground under, lose all direction, confidence, and sense of purpose? The Buddha had clear guidance on how to rise above these ‘worldly winds’, and Vajragupta here opens up for us the Buddha’s compassionate yet uncompromising teaching.

Featuring reflections, exercises and suggestions for daily practice, this book can help you find greater equanimity and perspective in the ups and downs – big and small – of everyday life.

THE AUTHOR

Vajragupta is the director of the Triratna Development Team. He currently lives in Worcester, England, where he teaches Buddhism and Meditation.

PAPERBACK

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Buddhism:
Tools for Living Your Life
Vajragupta

Practical and warm-hearted guide to spiritual living
An essential toolkit for modern life
The next best thing to your own personal Buddhist teacher

Listed as a Top Title in The BookSeller’s Religion Preview 2007, Buddhism: Tools for Living Your Life is the perfect guide for those seeking a meaningful spiritual path whilst leading busy, modern lives.

An experienced teacher of Buddhism and meditation, Vajragupta provides clear explanations of the main Buddhist teachings, and a variety of exercises designed to help readers develop or deepen their practice.

“Appealing, readable, and practical ... as directly relevant to modern life as it is comprehensive and rigorous.” — Tricycle: The Buddhist Review

Vajragupta is the director of the Triratna Development Team. He currently lives in Worcester, England, where he teaches Buddhism and Meditation.
A BUDDHIST VIEW

The insightful simplicity of De Botton meets the wisdom of The Dalai Lama in this series exploring key life issues from a Buddhist perspective.

These titles offer accessible excursions into the philosophy of contemporary living. From loneliness to vegetarianism, A Buddhist View provides a modern Buddhist perspective on the 21st Century.

COMING IN 2012

We will be launching a new series design and three new titles in summer 2012. Solitude and Loneliness, Finding the Mind, and Meditating will provide new philosophical and spiritual explorations of contemporary issues and lifestyles.

Our three current titles – also due to be redesigned – can be found on pages 10 and 11.

Sarvananda has taught Buddhism and meditation for over 20 years. He has had six plays and a comedy series broadcast on BBC Radio 4.

Ratnaprabha is the Centre Director of the West London Buddhist Centre. His previous books include The Evolving Mind: Buddhism, Biology and Consciousness.
Referencing contemporary cultural touchstones, Sarvananda shows how facing our essential aloneness can lead us to better understand how we are all connected.

Due June 2012

This approachable introduction considers the nature of the mind, asking questions about our search for the ‘I’ that gazes out on the world and experiences it.

Due August 2012

A realistic, witty, and inspiring guide to how we can develop clarity, peace of mind and positive emotions by introducing meditation into our lives.

Due July 2012

Jinananda teaches meditation and mindfulness at the City Lit, and meditation and Buddhism at the West London Buddhist Centre.
**Saving the Earth**

Akuppa

How can you help preserve the environment?

For those who have been wondering how to make a difference by protecting the environment but didn’t know where to start, this guide is the solution. Filled with practical tips as well as insightful reflections, *Saving the Earth* provides tools for change whilst showing how the Buddhist philosophies of interconnectedness and compassion are of immense use in our efforts towards preserving the Earth.

Akuppa’s experience spans working as a town planner to campaigning politically for the environment. He has a degree in Geography from the University of Oxford and was ordained into the Triratna Buddhist Order in 2000.

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**Vegetarianism**

Bodhipaksa

How does what we eat affect our world?

Is there a connection between vegetarianism and living a spiritual life? A trained vet, respected teacher and happy vegan, Bodhipaksa answers all of these questions and more, dispelling widespread myths and reflecting upon the diets of the West, and of the Buddha himself. *Vegetarianism* shows how a meat-free life can not only lighten the body, but also the soul.

“A unique look into the morals behind vegetarianism” — The Vegetarian Society

Bodhipaksa is a Buddhist practitioner, writer, and teacher, and the founder of www.wildmind.org, an online meditation resource. He is the author of bestseller *Wildmind* and is currently working on his third book.

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“A Buddhist View”

*Saving the Earth*

Akuppa

*Vegetarianism*

Bodhipaksa
Meaning in Life

Sarvananda

How can we bring more sense of significance into our lives?

What meaning does life have in the face of suffering or death? Do we have a ‘why’ to live for?

Sarvananda draws a parallel between the Buddha’s quest and our own search for meaning in the modern world. Citing writers and thinkers such as Akira Kurosawa, Wordsworth and Woody Allen, he eloquently covers many of the ways in which we seek meaning.

A concise, witty exploration of what truly matters.

Sarvananda has taught Buddhism and meditation for over 20 years. He has had six plays and a comedy series broadcast on BBC Radio 4.
Life with Full Attention
A Practical Course in Mindfulness
Maitreyabandhu

A complete eight-week course in mindfulness
Promotes a new perspective on the subject
Includes personal experiences from the author

Don’t live on automatic pilot — live life with full attention.

Mindfulness is a quality that enhances all experience, whether mundane or extraordinary. It is an ancient Buddhist wisdom that has been practiced for centuries. In this eight-week course, Maitreyabandhu teaches readers how to enrich their experiences by paying close attention to them. Featuring personal stories, examples, and tempting suggestions, Life with Full Attention shows how we can steal back the lost moments of life.

“...this stands out from the crowd.”
— The Bookseller

THE AUTHOR

An experienced teacher of meditation, Maitreyabandhu has been practising Buddhism for over twenty years. He lives and works in London.

TITLES DETAILS

PAPERBACK
ISBN 9781 899579 98 3
Pub. date August 2009
Price £9.99 / $16.95 / €12.95
Size 210 x 163mm
Extent 328 pages
Category Buddhism/Mindfulness
Level Beginner
A Path for Parents  
Sara Burns

Unique guide to parenting as part of a spiritual life

Learn how to transform everyday tasks into spiritual practice

Written for both Buddhist and non-Buddhist parents

A Path for Parents is for anyone interested in spiritual life within the context of parenting. It is a refreshingly honest and accessible account of how parents can grow spiritually among the everyday experiences of life with children.

Sara Burns, mother and Buddhist practitioner, draws on her personal experience and research to identify the key opportunities and obstacles for growth inherent within parenting.

Sara Burns lives in North London with her teenage children and runs eight-week mindfulness-based Cognitive Therapy for Stress courses at the North London Buddhist Centre.
Change your Mind
A Practical Guide to Buddhist Meditation
Paramananda

A step-by-step guide to meditation for all levels

Windhorse Publications’ bestselling title

Thoughtful and humourous approach to mindfulness

This best-selling, accessible and thorough guide introduces two Buddhist meditations and deals imaginatively with practical difficulties, meeting distraction and doubt with determination and humour.

“If you’ve always thought meditation might be a good idea, but found other step-by-step guides lacking in spirit, this book could finally get you going.” — Here’s Health

THE AUTHOR

Paramananda was born John Wilson in North London in 1955 and was ordained into the Triratna Buddhist Order in 1985. He has been teaching Buddhism and meditation for over 25 years.

TITLE DETAILS

PAPERBACK

ISBN 9781 899579 75 4
Pub. date April 2005
Price £9.99 / $13.95 / €11.95
Size 206 x 136mm
Extent 208 pages
Category Buddhism/Meditation
Level Beginner - Intermediate
Illustrated step-by-step guide to meditation

Ideal for beginners

Practical analogies to aid your meditative practice

From how to build your own stool, to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

“Of great help to people interested in meditation and an inspiring reminder to those on the path.” — Joseph Goldstein

Bodhipaksa is a Buddhist practitioner, writer, and teacher, and the founder of www.wildmind.org, an online meditation resource. He lives in New Hampshire with his family and is currently working on his third book.
The Breath
Vessantara
Deepen your calm and concentration

Vessantara, who has been meditating on the breath for over 30 years, writes engagingly for newcomers to meditation, as well as those with some experience. He gives us clear instructions on how to meditate on the breath, practical ways to integrate meditation into our lives, and suggestions for deepening calm and concentration.

The Heart
Vessantara
Explore your heart’s potential

Explore the potential of your heart, and discover a warmer, more loving you.

Cultivating more warmth, more kindness and more happiness is possible for all of us. This useful combination of practical instruction and encouraging lessons demonstrates where working with positive emotions can lead.

Vessantara (Anthony McMahon) is a well-published and respected Buddhist author, meditator, teacher, and storyteller. A senior member of the Triratna Buddhist Order, he has a particular interest in Tibetan Buddhism and some of the visualisation practices found therein.
The Body
Paramananda

Enhance your physical awareness

Paramananda shows us how to bring a kind and inquiring awareness to our physical experience. Through a variety of thoughtfully led meditations he teaches us how to listen to our bodies, to hear the messages we often ignore. We can quickly feel the benefits of a deeper, fuller and more satisfying understanding of ourselves and our relationships.

Paramananda was born John Wilson in North London in 1955 and was ordained into the Triratna Buddhist Order in 1985. He has been teaching Buddhism and meditation for over 25 years.
Writing Your Way
Manjusvara

A practical guide to writing
Encourages spiritual creativity
Written for all levels

From the Wolf at the Door workshops, taught worldwide, comes this unique guide to creative writing. Expertly entwining creative writing with key aspects of Buddhism, Manjusvara weaves in teachings on mindfulness and compassion, freedom and openness. This innovative spiritual approach encourages the reader (and writer) to silence their inner critic and unleash their creativity.

“Discover your inner creativity with this practical and spiritual guide to writing.” — Soul and Spirit Magazine

THE AUTHOR

Manjusvara (1953-2011) was a practicing Buddhist for over 20 years. Originally a composer, he divided his time between writing and editing poetry, and fundraising for the Karuna Trust. He was a co-leader of Wolf at the Door writing workshops and taught regularly across the world.

T I T L E  D E T A I L S

PAPERBACK
ISBN 9781 899579 67 9
Pub. date January 2005
Price £8.99 / $12.95 / €12.95
Size 209 x 164mm
Extent 160 pages
Category Creative writing/Buddhism
Level All levels
The Poet’s Way
Manjusvara

A practical and spiritual guide to writing poetry
Includes imaginative and inspiring exercises
Written for all levels

This accessible guide tackles the essential elements of writing poetry. With imaginative and inspiring exercises, Manjusvara illuminates the craft, providing a practical guide to writing and improving your own work. Featuring Buddhist reflections on the writing process, and considering issues such as influence and memory, The Poet’s Way shows how poetry can reveal new aspects of spiritual life.

“This book will transform your writing no matter what stage in your career, and it may even transform your life.” — Des Dillon