



## The Discourse Summaries

*By S. N. Goenka*

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The 11 discourses in this volume provide a broad overview of the teachings of Buddha to help meditators understand what to do and why, so they work in the proper way and achieve the proper results.

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### **About the Author**

S.N. Goenka is the foremost living lay teacher of Vipassana meditation today. Mr. Goenka has been teaching non-sectarian Dhamma for more than 30 years, after being authorized by his teacher, Sayagyi U Ba Khin of Burma. Based at the Vipassana International Academy in Igatpuri, India, he continues to travel and speak extensively, including in 2000 at the World Economic Forum and World Millennium Peace Summit at the UN.

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