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By Michael Hampe

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2.1.1 Types of meditation; 2.1.2 Four foundations for mindfulness; Michael S. Diener & Michael H. Kohn (trans.) (1991). The Shambhala Dictionary of Buddhism and Zen.

[http://en.wikipedia.org/wiki/Buddhist\\_meditation](http://en.wikipedia.org/wiki/Buddhist_meditation)

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Four Meditations on Happiness, Michael Hampe (Atlantic Books, 2014) Look Who's Back, Timur Vermes (MacLehose Press, 2014) Forever Yours, Daniel Glattauer (MacLehose

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