Charles Tart has long been one of transpersonal psychology's foremost researchers and has had considerable impact on the field of meditation. In his classic book *Altered States of Consciousness* (1969), he published two thirds of the transpersonal scientific literature at that time: namely, two of the three articles available. Some two decades ago, he published an article in this journal reporting on his initial meditative experiences.

The hallmark of Tart's approach has been a superb marriage of openmindedness to the novel and nonconventional, combined with a rigorous logic and demanding empiricism. It is easy to be openminded; it is easy to be critical; it is hard to be both. Tart manages the combination superbly.

Recently he has begun teaching meditation, and in *Mind Science* he offers a simple, clear, practical introduction for beginners. There are many meditation books on the market. Why choose this one? First, because it is delightfully free of dogma and jargon. Tart has distilled out the practical elements of actual meditation practice and divorced them from the metaphysical and other beliefs in which they usually come embedded. Meditation, and the instructions for it, are presented as instructions for a self-experiment which each of us can try for ourselves to see whether we benefit. The emphasis is on practicality, simplicity, and the question "does it work?"

Throughout, the style is light, humorous, and humble. Tart acknowledges that he is very much a learner himself and presents himself as what psychologists call a "learning to cope" rather than an "expert" model.

He introduces three types of meditation: concentration, insight, and meditation in action. Concentration meditation, which focuses on the breath, and insight meditation, which opens to the full range of experiences, are derived from Buddhism. The meditation in action practice is based on Gurdjieffian principles. The combination is a happy one and should give readers a good foundation in three essential approaches. This book can certainly be recommended as an excellent introduction to meditation. It may be especially valuable for people who are not already on a spiritual path and who would be put off by spiritual language or metaphysical assumptions.

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