

Sharon Salzberg

Curriculum Vitae

Sharon Salzberg is a meditation pioneer, world-renowned teacher, and New York Times bestselling author. She is among the first to bring mindfulness and lovingkindness meditation to mainstream American culture nearly 50 years ago, inspiring generations of meditation teachers and wellness influencers.

Sharon is the author of thirteen books, including the New York Times bestseller, [Real Happiness: A 28-Day Program to Realize the Power of Meditation](#) (Workman Publishing, 2019 & 2010), now in its second edition, and her seminal work, [Lovingkindness: The Revolutionary Art of Happiness](#) (Shambhala Publications, 1995). Her 2023 releases, [Real Life: The Journey from Isolation to Openness and Freedom](#), from Flatiron Books, and [Finding Your Way: Meditations, Thoughts, and Wisdom for Living an Authentic Life](#), a small gift book from Workman Publishing. She is also the author of [Real Change: Mindfulness to Heal Ourselves and the World](#) (Flatiron Books, 2020); [Real Love: The Art of Mindful Connection](#) (Flatiron Books, 2018); [Real Happiness At Work: Meditations for Accomplishment, Achievement, and Peace](#) (Workman Publishing, 2013); [Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier](#) with Robert Thurman (Hay House, 2013); [The Kindness Handbook](#) (Sounds True, 2008); [The Force of Kindness](#) (Sounds True, 2005); [Faith: Trusting Your Own Deepest Experience](#) (Riverhead Books, August, 2002); [A Heart as Wide as the World: Living with Mindfulness, Wisdom, and Compassion](#) (Shambhala Publications, 1999); co-author with Joseph Goldstein of [Insight Meditation: A Step-by-Step Course on How to Meditate](#) (Sounds True, 2001) and editor of [Voices of Insight](#) (Shambhala Publications, 2001).

Sharon's work is non-sectarian, though based on the ancient Buddhist practices of *vipassana* (mindfulness or insight) and *metta* (lovingkindness), the aim of which is to deepen awareness and compassion, giving rise to greater peace and happiness.

In 1971, in Bodh Gaya, India, Sharon attended her first meditation course. She spent the next three-and-a-half years engaged in intensive practice and study with highly respected teachers from India, Burma and Tibet. Sharon returned to America in 1974 and began teaching insight meditation and leading retreats. In 1976, she established, together with Joseph Goldstein and Jack Kornfield, the Insight Meditation Society (IMS) in Barre, Massachusetts, which is now one of the most renowned and active meditation centers in the Western world. Retreats of varying lengths, offering intensive training in meditative skills and contemplative practices, are presented throughout the year and are attended by people of many diverse religious backgrounds and interests.

Sharon continues to teach internationally, and her books have been translated into Spanish, German, Italian, French, Vietnamese, Dutch and Chinese. Past retreat venues have included England, Switzerland, Germany, Russia, South Africa, Zimbabwe, Australia, Poland, Ireland, Israel and Sweden, as well as across the United States.

Sharon is the host of her own podcast, *The Metta Hour*, which has amassed six million downloads and features interviews with thought leaders from the mindfulness movement and beyond.

In addition to her public classes, Sharon has taught at Google NY, Google CA, the New York Times, ABC News, The Economist, the Cowell Foundation, Brown University, University of Miami, Emory, Agnes Scott College, CUNY, Princeton, UCLA, Georgetown University, University of NC, University of Arizona, Ramapo College, UMass Sibley Hospital and many more. Sharon presently resides on the board of the Insight Meditation Society, and previously served on the boards of Garrison Institute, and the Joyful Heart Foundation.

Sharon has emerged as a featured speaker, panelist and meditation teacher at cutting edge events, such as the Skoll Foundation World Forum, TEDx, Mind and Life Institute's conferences with His Holiness the Dalai Lama, the State of the World Forum; the Peacemakers Conference (sharing a plenary panel with Nobel Laureates the Dalai Lama and Jose Ramos Horta), Wisdom 2.0 Conference, and Jerry Brown's inauguration as mayor of Oakland. She has delivered keynotes at *Tricycle's* Buddhism in America event, *Yoga Journal*, Kripalu and Omega conferences, the Gethsemani encounter (a Buddhist-Christian dialogue including the Dalai Lama and various Christian dignitaries), and at Washington National Cathedral's *Sacred Circles* women's interfaith conference in DC.

She has conducted in-house training for mainstream organizations interested in utilizing meditation, including Jon Kabat-Zinn's Mindfulness Based Stress Reduction (MBSR) program, the Fetzer Foundation, the Yale law school (for the Center for Contemplative Mind in Society), and the Garrison Institute's initiative for transforming trauma (working with domestic violence shelter workers and supervisors). She has also offered meditation training to families of 9/11 victims and war veterans.

Sharon has been included in various compilations of the spiritual landscape of our times, including *Tribe Of Mentors: Short Life Advice from the Best in the World*, *Meetings with Remarkable Women*, *Gifts of the Spirit*, *A Complete Guide to Buddhist America*, *Handbook of the Heart*, *The Best Guide to Meditation* and *From the Ashes - A Spiritual Response to the Attack on America*. She was a regular columnist for *On Being*, a regular contributor to *The Huffington Post*, and the *Maria Shriver Blog*, and was a contributing editor of Oprah's *O Magazine* for many years.

Over the last ten years Sharon has appeared in *The New York Times*, *Time Magazine*, *NPR*, *Lion's Roar*, *Forbes*, *GQ*, *The Wall Street Journal*, *Yoga Journal*, *Tricycle*, *Psychology Today*, *Business Insider*, *Well+Good*, *The Hill*, *MindBodyGreen*, *The Washington Post*, *Woman's World*, *Forbes*, *AARP*, *The Los Angeles Times*, *The Daily Beast*, *Bustle*, *USA Today*, *Men's Health*, *Vox*, *The Guardian*, and *Mashable*. She has been interviewed on numerous podcasts including Russell Brand's *Under the Skin*, the *Duncan Trussell Family Hour*, Dan Harris' *Ten Percent Podcast* and *On Being* with Krista Tippett, *NPR's Lifekit*, the *Tim Ferris Show*, and Pete Holmes' *You Made It Weird*.

Sharon's meditations and online courses can be found on her online shop at www.sharonsalzberg.com as well as IMS Online, Sounds True, Tricycle Online, Happify, the Ten Percent Happier App and the Insight Timer App.

Sharon resides in Barre, Massachusetts and New York, New York.

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Sharon graduated summa cum laude with a Bachelor of Arts degree from SUNY at Buffalo in 1972.

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