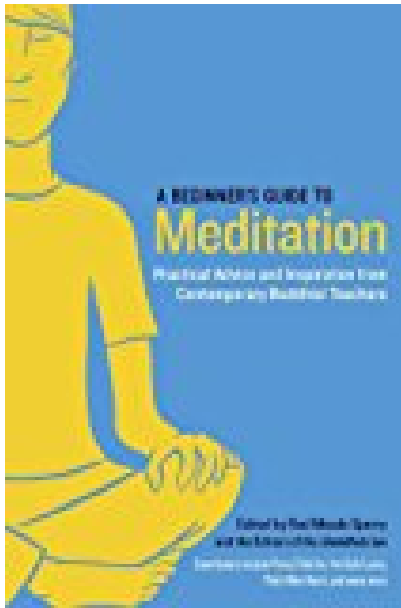


A Beginners Guide to Meditation

Practical Advice and Inspiration from Contemporary Buddhist Teachers

Shambhala Sun Books



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