



By Kathleen McDonald How to Meditate: A Practical Guide (2e)

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What is meditation? Why practice it? Which technique is best for me? How do I do it? The answers to these often-asked questions are contained in this down-to-earth book, compiled and written by Kathleen McDonald, a Western Buddhist nun with solid experience in both the practice and teaching of meditation. How to Meditate contains a wealth of practical advice on a variety of authentic and proven techniques. --This text refers to an out of print or unavailable edition of this title.

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