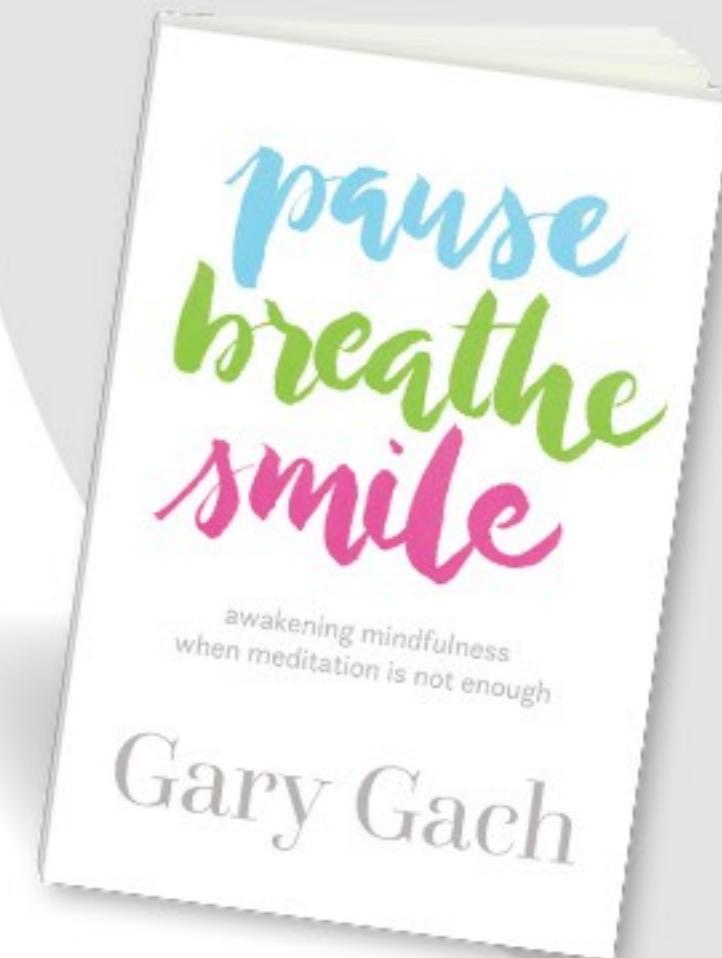


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- Use compassion to see beyond your flaws
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- Calm your mind to stop mirroring fears or fantasies and vividly reflect what is

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- Step away from the mirage of selfhood
- Implement an attitude of gratitude to achieve greater intimacy with our lives

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About Gary Gach

Gary Gach is a writer, mystic, and lifelong meditator who has engaged in many roles: actor, bookshop clerk, dishwasher, hospital admin, office temp, stevedore, teacher, and typographer. Lay-ordained by Thich Nhat Hanh in 2008, he has authored eight previous books including *The Complete Idiot's Guide to Buddhism* (Alpha, 2001). Gary lives in San Francisco. For more, visit garygach.com.