



## Meditating (2nd Revised edition)

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By Jinananda

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, Meditating (2nd Revised edition), Jinananda, Why meditate? To let go of stress? To become more focused? To fathom life's mysteries? Whatever your purpose, Jinananda is a clear, experienced and friendly guide who can help you start meditating - right now. Find everything you need to begin your exploration of meditation: how to sit, simple instructions to two traditional practices that develop clarity, peace of mind and positive emotions, troubleshooting tips and ideas on how to take your practice further. This new edition is realistic, witty, and very inspiring.



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