



Self Meditation

By Barbara Ann Kipfer

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, Self Meditation, Barbara Ann Kipfer, This small chunky lists daily meditations that can be done while performing routine tasks and activities. There are also mantras and koans to contemplate, a checklist of meditation basics, and tips, and a list of meditation's medical and psychological benefits. The text is drawn from a range of sources and spiritual traditions, and is written in the cheerful, spontaneous style that readers have come to expect from Barbara Ann Kipfer.



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