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By Ram Dass

Bantam Doubleday Dell Publishing Group Inc, United States, 1990. Paperback. Book Condition: New. 2nd Revised edition. 173 x 104 mm. Language: English . Brand New Book. Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he shares his understanding and explores the many paths of meditation--from mantra, prayer, singing, visualizations, and just sitting to movement meditations such as tai chi--and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise and often humorous advice on overcoming difficulties along the way.

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