

A Zen master's method of meditation, concentration, and relaxation

The Miracle of Mindfulness

❁ *A Manual on Meditation*

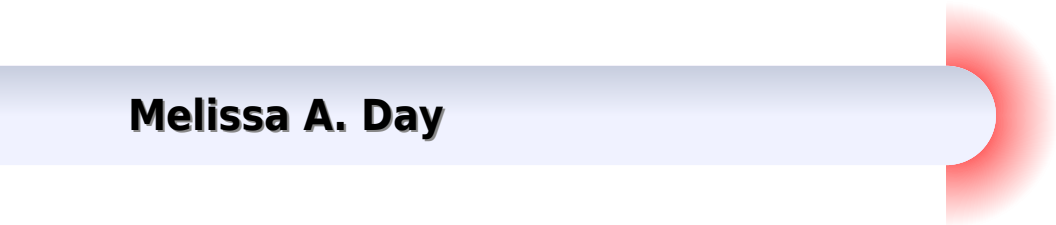
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❁ *Revised Edition*

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Manual Mindfulness Meditation

Melissa A. Day



Manual Mindfulness Meditation:

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