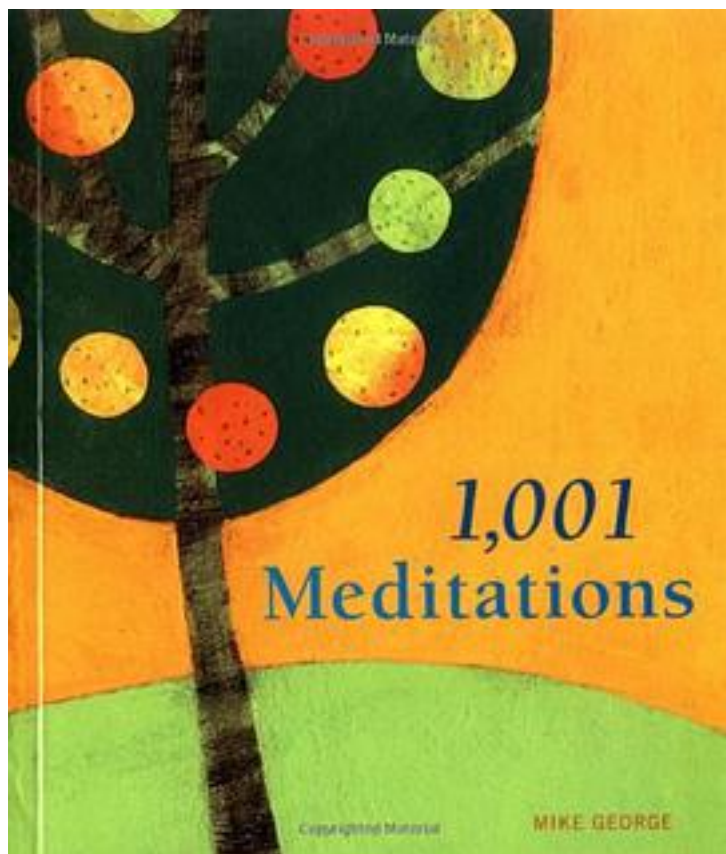


1,001 Meditations



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著者:Mike George

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1,001 Meditations provides tips, techniques, and insights to last a lifetime of meditation. In this pleasingly chunky, richly colorful guide, step-by-step meditations and simple visualizations are interspersed with illuminating affirmations and inspiring quotations to ponder over. Best-selling author Mike George takes meditation off the cushion and into everyday life, suggesting meditations for any time of day, whether the

practitioner is walking, waiting in line, or in the middle of a crowded room. Organized by theme, the subjects presented are those that have engaged humanity for the ages: dealing with adversity, how to be good, luck and destiny, and even the nature of true love. A miniature treasure trove of wisdom and insight, 1,001 Meditations is the perfect roadmap on the path of enlightenment.

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