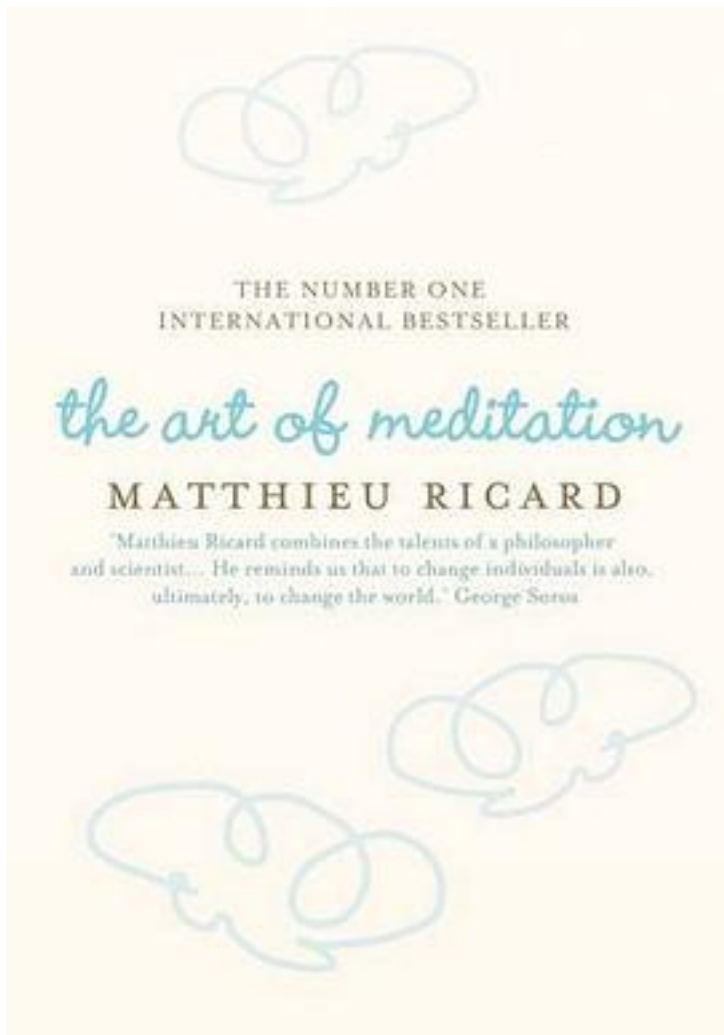


The Art of Meditation



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This classic, bestselling introduction to a regular program of daily meditation defines

meditation's vital role in spiritual living, and features careful instructions, illustrative examples, and specially written meditations.

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