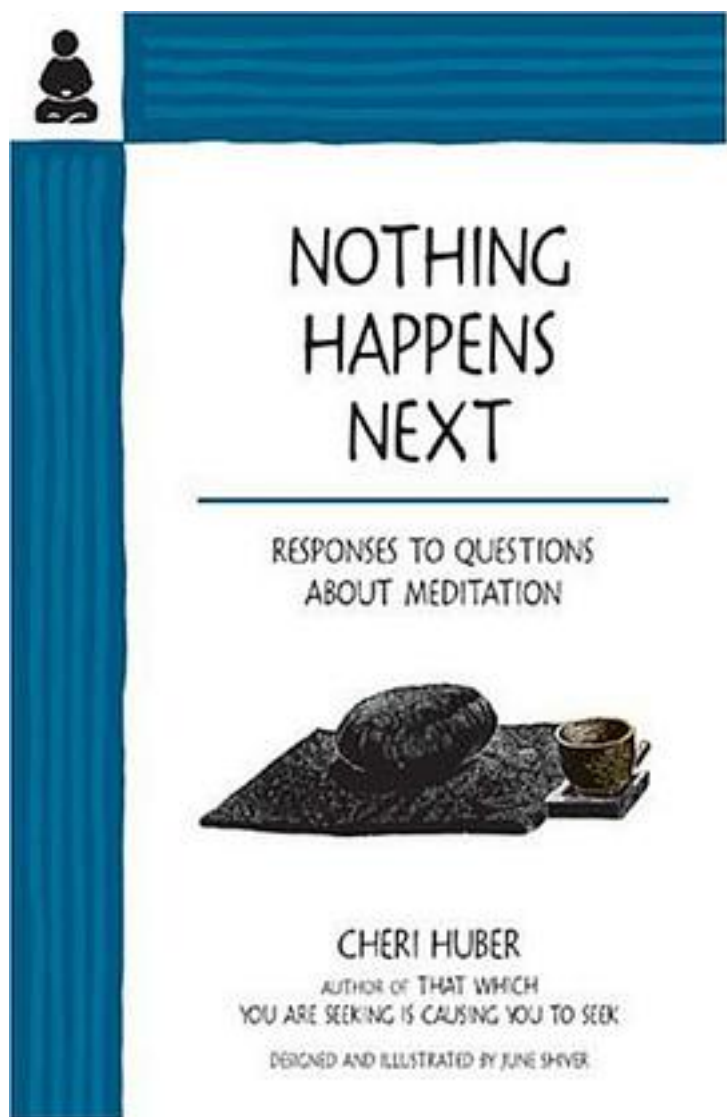


Nothing Happens Next



[Nothing Happens Next_ 下载链接1](#)

著者:Huber, Cheri

出版者:Independent Pub Group

出版时间:1995-1

装帧:Pap

isbn:9780963625533

Answering questions such as "What is meditation?" "I can't clear my mind. What should I do?" "What do I focus on?" and "How can I meditate when I have no time?" this guide answers more than 50 of the most commonly asked questions about meditation practices. Beginners will find information on how to sit, what to sit on, when to sit, where to sit, why to sit, and what to expect. They will learn how the body, mind, emotions, and spirit might respond to meditation.

作者介绍:

目录:

[Nothing Happens Next_ 下载链接1](#)

标签

评论

[Nothing Happens Next_ 下载链接1](#)

书评

[Nothing Happens Next_ 下载链接1](#)