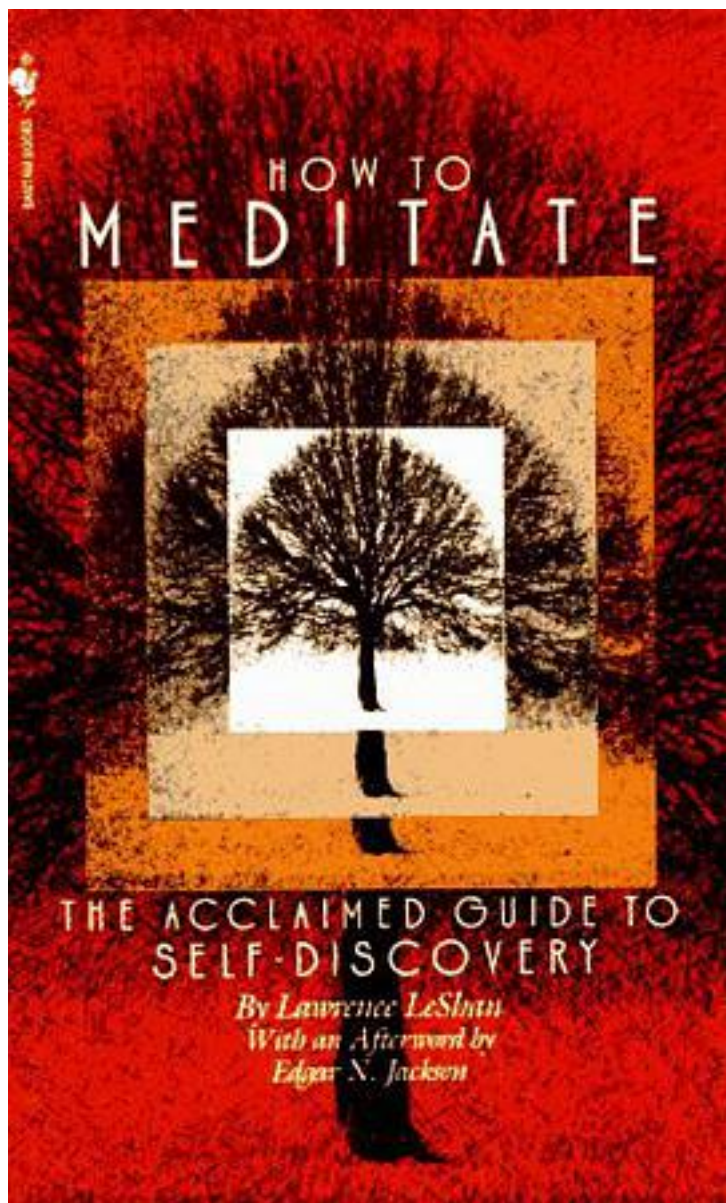


How to Meditate



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著者:Lawrence LeShan

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This bestselling guide offers a realistic and straightforward approach to achieving inner peace, stress relief and increased self-knowledge.

作者介绍:

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标签

灵性

心理咨询

评论

A general guide. The primary thing is to be at the present moment.

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书评

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