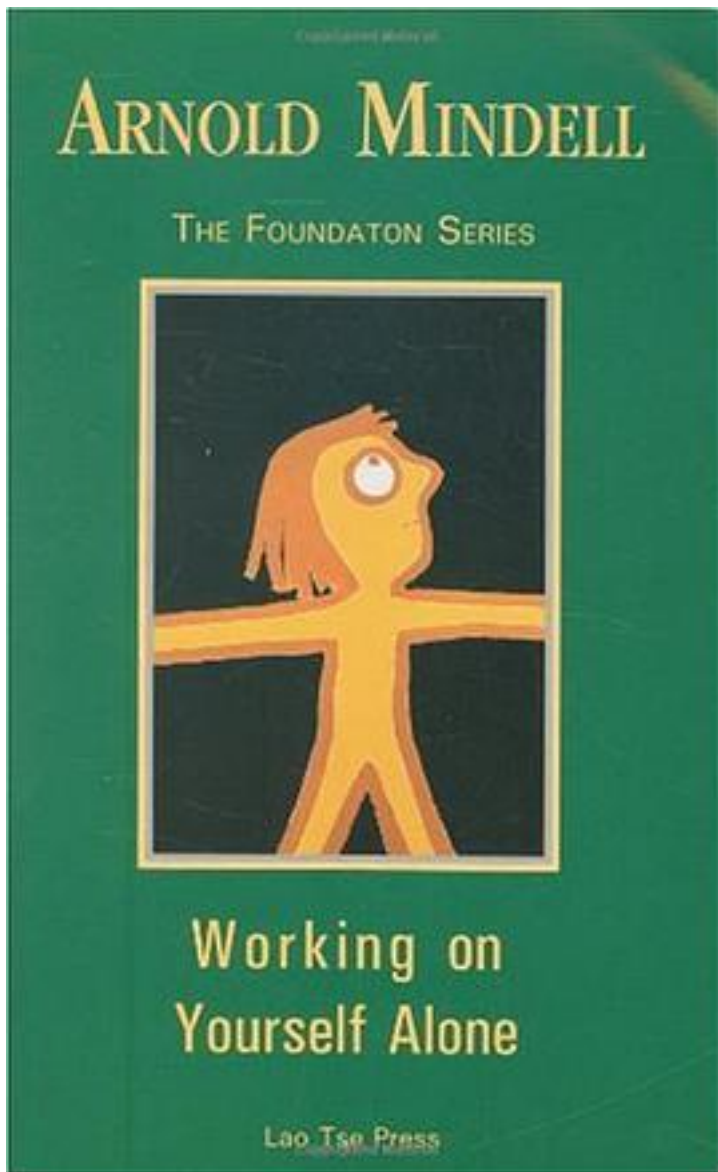


Working on Yourself Alone



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This introduction to process-oriented meditation is a fresh approach to the new body of philosophy and technique that unites the foundations of Western psychotherapy and Eastern meditative traditions in a single holistic system.

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