

The Best Guide to Meditation

Easily accessible information for a richer, fuller life

THE BEST guide to MEDITATION

Written by Victor N. Davich, with a foreword by Jack Canfield, best-selling author of *Chicken Soup for the Soul*, this is the perfect book if you want to reduce stress, if you already meditate but want to learn new techniques, or if you're just curious about how it works.



[The Best Guide to Meditation_ 下载链接1](#)

著者:Victor N. Davich

出版者:Renaissance Books,U.S.

出版时间:1999-10-29

装帧:Paperback

isbn:9781580630108

作者介绍:

目录:

[The Best Guide to Meditation_ 下载链接1](#)

标签

评论

[The Best Guide to Meditation_ 下载链接1](#)

书评

[The Best Guide to Meditation_ 下载链接1](#)