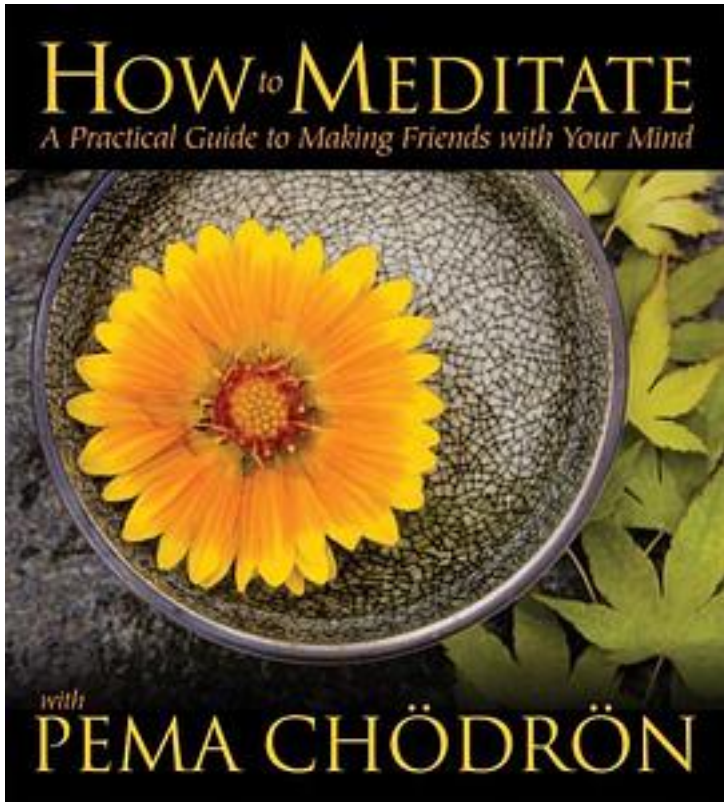


Meditation



[Meditation_下载链接1_](#)

著者:Monaghan, Patricia

出版者:New World Library

出版时间:1999-10

装帧:平装

isbn:9781577310884

Specially geared to the needs of the beginning meditator, this book explains more than 50 meditation practices. Readers can take a self-test to acquire information about which types of meditations are most appropriate for them. Traditions involving Shamanism, Yoga, Taoism, Buddhism, Islam, Western Traditions, Biofeedback, Meditation in Life (such as nature, gardening, and sports), Creative Meditations, and Active Imagination (including Kinesthetic meditations and visualizations) are each described in separate chapters. Each chapter also covers historical background,

contemporary use, a description of the practice, and resource list. Even an advanced meditator will find new information in this book to enhance the inner life.

作者介绍:

目录:

[Meditation_ 下载链接1](#)

标签

评论

[Meditation_ 下载链接1](#)

书评

[Meditation_ 下载链接1](#)