

# A Gradual Awakening



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From the Publisher Poet and meditation teacher Levine writes simply and gently about his own personal experiences with and insights into vipassana meditation. An inspiring book for anyone interested in deep personal growth. --This text refers to the Paperback edition. Inside Flap Copy Poet and meditation teacher Levine writes simply and gently about his own personal experiences with and insights into vipassana meditation. An inspiring book for anyone interested in deep personal growth. --This text refers to the Paperback edition.

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