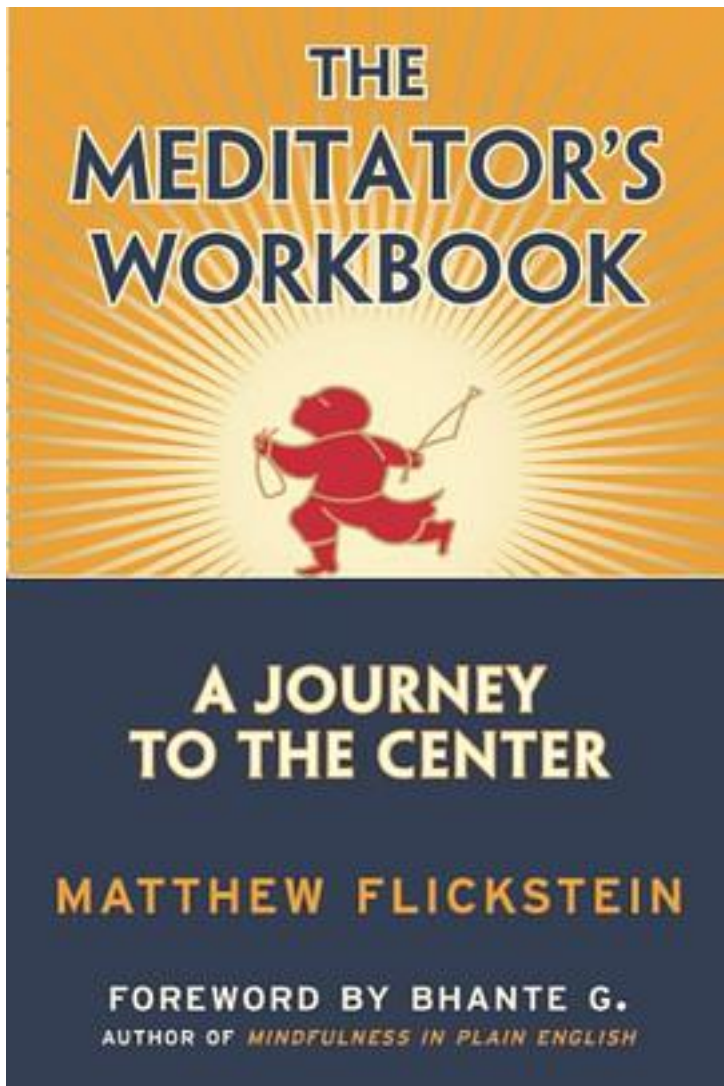


The Meditator's Workbook



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Using hands-on exercises, journal entries, guided meditations, and stories, Matthew Flickstein combines Eastern meditation techniques and Western psychotherapy in this practical workbook for realizing one’s greatest potential. The Meditator's Workbook helps readers find their own starting points, teaches them how to gain mental clarity and remove the inevitable obstacles, and helps them identify the insights that are appropriate to each stage of their journey to spiritual and psychological maturity.

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