

## Mindfulness Bliss And Beyond A Meditators Handbook Ajahn Brahm

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Mindfulness, Bliss, and Beyond is a bold book, sure to be controversial."--John Roberts, Buddhist Council of the Northwest "This book is the kind of work that comes around once in a lifetime. I cannot recommend it more highly than that, and encourage anyone with a serious interest in the meditative disciplines taught by the Buddha to buy this book - now!"--BuddhaSpace

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Mindfulness, Bliss, and Beyond A Meditator's Handbook This edition published in August 11, 2006 by Wisdom Publications. Edition Notes Other Titles Happiness Through Meditation. Contributors. Foreword Jack Kornfield ; The Physical Object Format Paperback Number of pages 320 Dimensions 9.1 x 6.1 ...

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