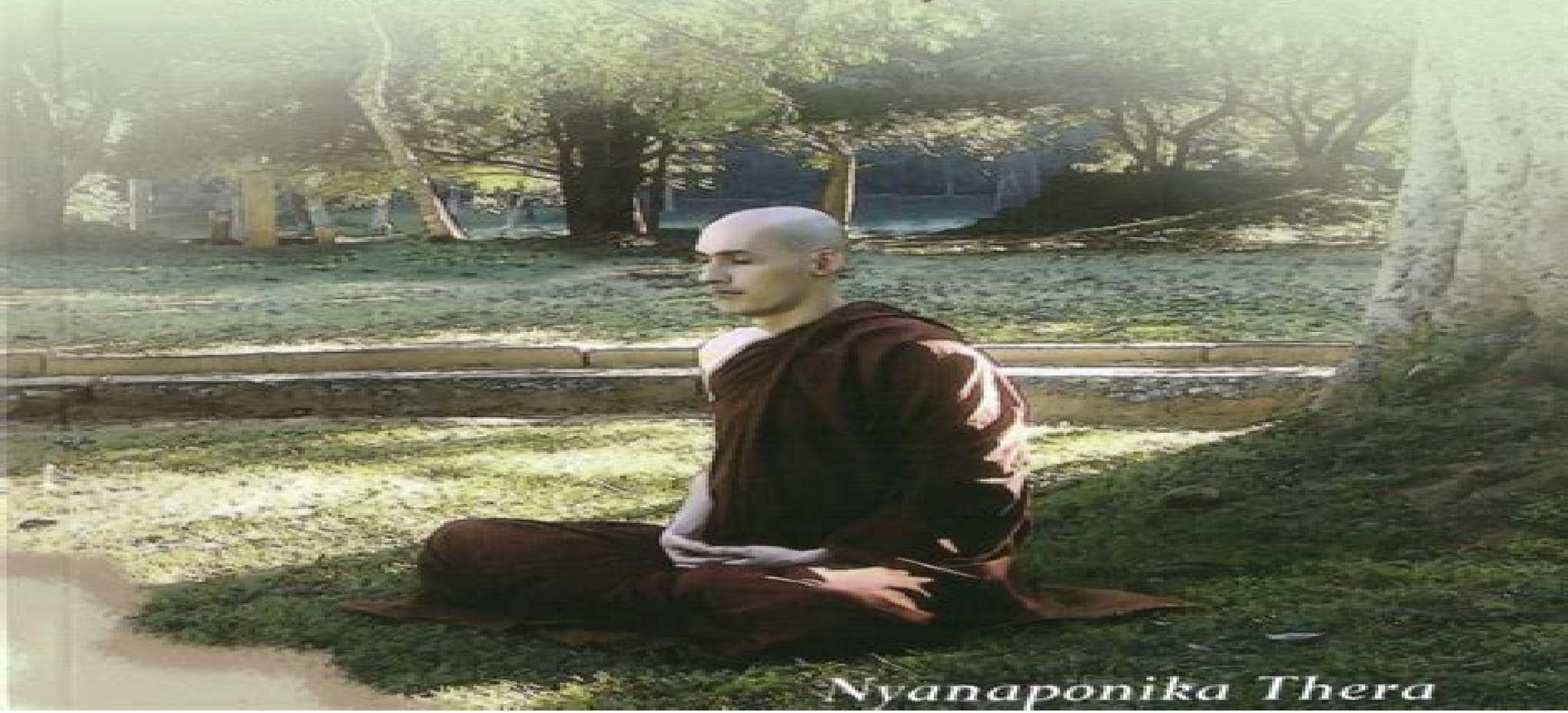


THE HEART OF BUDDHIST MEDITATION

A Handbook of Mental Training
Based on the Buddha's Way of Mindfulness



Nyanaponika Thera

Buddhist Way Of Mental Training

D Siedentop



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