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Real Happiness - Sharon Salzberg

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The Power of Meditation: A 28-day Program. Sharon Salzberg's new book, Real Happiness, shows us that meditation practice is far simpler, more fun, less esoteric and much more relevant to the wide-ranging situations we encounter in everyday life than we might imagine.

Real Happiness - Sharon Salzberg

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be real and external were both in fact only figments of our imagination. Thus from our experience in dream we all know that our mind has a wonderful power of imagination by which it is able to create a body, to

Happiness and The Art of Being

Real Happiness is the most effective, approachable guide to this transformative technique. Beginning with the simplest breathing and sitting techniques, leading teacher of meditation Sharon Salzberg distils 30 years of experience and shows how to start and maintain an effective meditation practice.

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