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Meditation: the 13 Pathways to Happiness

By Jim Ryan

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Meditation: the 13 Pathways to Happiness, Jim Ryan, Meditation might conjure up magical, mystical images, but basically, it's a practice that brings great personal benefit in the form of better awareness, understanding, energy, health and general well being. It harnesses the deep beauty of the inner self, empowering our self confidence, and helps us make sense of our lives. This book shows you how to meditate step by step, in an easy-to-follow and friendly guide. Written in a clear and simple style, each chapter is clarified and embellished by a meditation that enables the reader to reflect on and experience what has been said. Stories and quotes bring home it's relevance for millions of people from ancient times to the present. Used as a course by thousands around the world, these words are now published for the first time.



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