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Editorial Pax Mexico, Mexico, 2008. Paperback. Book Condition: New. Translation. 210 x 140 mm. Language: Spanish . Brand New Book. Taking readers step-by-step through the myths, realities, and benefits of meditation and mindfulness, this guide reveals that every person has the potential to achieve a productive, conscientious, and peaceful life. It also shows both beginners and experts in meditation the key aspects to opening up internal and emotional spaces to answer life s profound questions.Llevando al lector paso a paso...

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- Authored by Henepola Gunaratana Nayaka Thera
- Released at 2008



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