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Meditation

now or never



Steve Hagen

Meditation Now Or Never

Tom Luce,Chris Tucker



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Meditation Now or Never Steve Hagen, 2012-07-05 In *Meditation Now or Never* Steve Hagen a Zen priest and bestselling author of *Buddhism Plain and Simple* provides an accessible and thorough manual on meditation for both newcomers and experienced practitioners In the modern world our lives are more frenetic than ever We live with a burning sense that we have to get something done But what do we really achieve And why are we never satisfied This book is an invitation to switch off and to enjoy stillness right now Steve Hagen offers simple practices that avoid needlessly complicating meditation highlights where many of us get stuck in meditating and how to get unstuck and above all focuses on meditation not simply as a spiritual technique but as a way of living

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