

Beginning Mindfulness Learning The Way Of Awareness Andrew Weiss

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Beginning Mindfulness is intended for anyone practicing in daily life without the luxury of long meditation retreats. Weiss skillfully blends the traditions of his teachers into an easy and humorous program of learning the Buddhist art of mindfulness. Beginning Mindfulness, Andrew Weiss, New World Library, Paperback, 2004, 234 pages, \$16.95

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