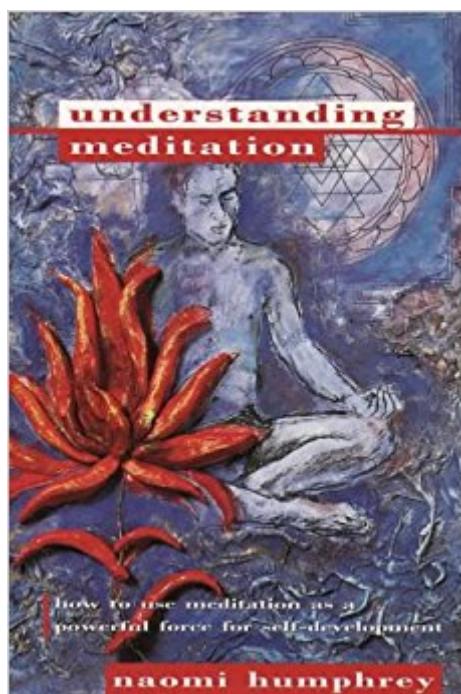


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# Understanding Meditation: How To Use Meditation As A Powerful Force For Self-Development



## Synopsis

This text explains in a simple and practical way the basic techniques used by the many different systems of meditation and shows how these techniques can be easily learned and applied to your life today. The book is not tied to any particular system but shows instead the universal principles upon which meditation is built.

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