

Buddha Takes No Prisoners: A Meditator's Survival Guide

- Patrick Ophuls

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This insightful, easy-to-read handbook offers a non-traditional perspective on meditation. Written primarily for American insight meditation students, it delivers the Buddha's essential teachings clearly, straightforwardly, and without spiritual jargon, and helps make sense of practices often laden with traditional terminology. Practical explanations of the meditation process, its benefits and applicability to daily life, and warmly humorous advice and encouragement give new practitioners the help necessary to continue practicing meditation on a regular basis. Author: Ophuls, Patrick Publisher: North Atlantic Books Illustration: N Language: ENG Title: Buddha Takes No Prisoners: A Meditator's Survival Guide Pages: 00192 (Encrypted EPUB) On Sale: 2012-05-29 SKU-13/ISBN: 9781556436345 Category: Body, Mind & Spirit : Meditation Category: Religion : Buddhism - General

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