

The Fifth Dimension - Vera Stanley Alder

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Vera Stanley Alder invites readers to test meditation by choosing a subject they don't know and learning about it by using the exercises and meditations in the book. Explores the variety of claims made about the effects of meditation what happens to the student, biological and physical changes, the practice of balanced living, and the phenomena that leads to ultimate fulfillment and achievement. Author: Alder, Vera Stanley Publisher: Weiser Books Illustration: N Language: ENG Title: The Fifth Dimension Pages: 00240 (Encrypted EPUB) On Sale: 2000-01-15 SKU-13/ISBN: 9781578631650 Category: Body, Mind & Spirit : General Category: Body, Mind & Spirit : Meditation

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