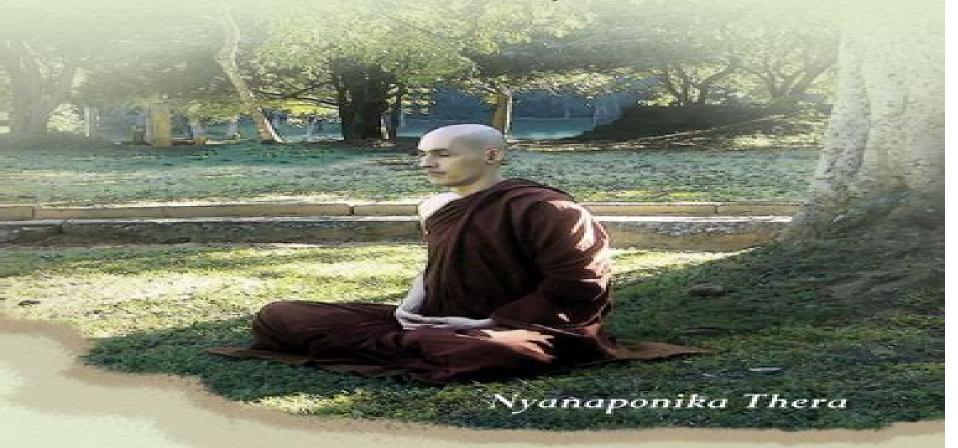
THE HEART OF BUIDDHIST MEDITATION

A Handbook of Mental Training Based on the Buddha's Way of Mindfulness



Heart Of Buddhist Meditation

Nyanaponika Thera

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