



Meditation For Beginners

Jack Kornfield

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HAVE YOU EVER thought about trying meditation, but didn't know how to get started? With Meditation for Beginners, trusted teacher Jack Kornfield shows you how simple it is to start - and stick with - a daily meditation practice. Insight or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this complete course created especially for beginners, renowned teacher Jack Kornfield offers a straightforward, step-by-step method for bringing meditation into your life.

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