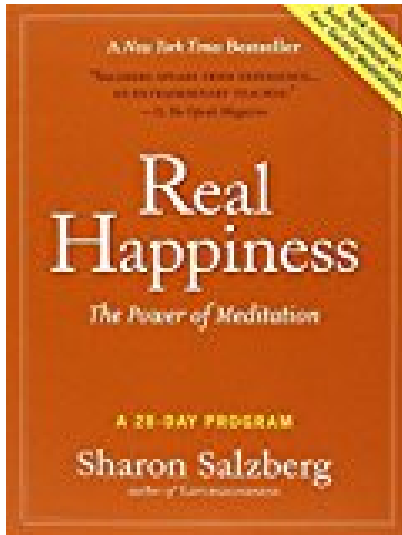


# Real Happiness The Power of Meditation A 28-Day Program

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## BOOK DETAILS

- Author : Sharon Salzberg
- Pages : 224 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN : 0761159258



## BOOK SYNOPSIS

Presents instructions for a twenty-eight day program that teaches readers how to meditate, using three main skills concentration, mindfulness, and lovingkindness.

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