

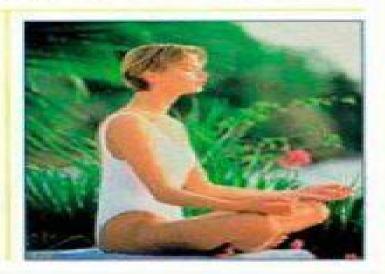
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- Idiot-proof steps to learn meditation techniques from all the great traditions
- Down-to-earth advice on how to relax and reduce stress

Joan Budilovsky and Eve Adamson



# **Idiot Guide To Meditation**

**Gary R. McClain, Eve Adamson** 

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