

The background of the entire cover is a photograph of a coastal scene. In the foreground, there is a wide, sandy beach. A wave with white foam is washing onto the shore. In the middle ground, there are several dark, jagged rocks protruding from the water. The ocean extends to the horizon under a clear, bright blue sky.

# *Meditation*

## *for Everyone*

*A 12 Step Guide*

*Bernard Vorster*

# Meditation For Everyone A 12 Step Guide

**M Mosston**



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