MINDFULNESS, BLISS, AND BEYOND

A MEDITATOR'S HANDBOOK

AJAHN BRAHM

FOREWORD BY JACK KORNFIELD

Mark Steyvers

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Mindfulness Bliss And Beyond A Meditators Handbook English Edition**. This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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