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The Mind Illuminated: A Complete Meditation Guide ...

The Mind Illuminated is exactly what it says it is - a complete meditation guide. The book delivers an introduction to Culadasa, the numerous benefits practicing meditation has on one, along with his perspective on it, drawing knowledge from the worlds of neuroscience and Buddhism.

The Mind Illuminated: A Complete Meditation Guide ...

Overview. A revolutionary, science-based approach to meditation from a neuroscientist turned meditation master, The Mind Illuminated is an accessible, step-by-step toolkit for anyone looking to start—or improve—their daily meditation practice. The book that bestselling meditation teacher Sharon Salzberg raves “brings the path of meditation to life,” The Mind Illuminated is the first how-to

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