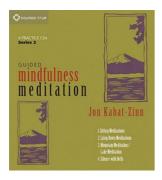
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# **GUIDED MINDFULNESS MEDITATION SERIES 2**



SOUNDS TRUE INC, United States, 2014. CD-Audio. Book Condition: New. 147 x 135 mm. Language: English . Brand New. Guided Mindfulness Meditation Series 2 was designed by Jon Kabat-Zinn as a core training tool to begin and deepen a daily meditation practice, and to bring mindfulness into every aspect of life. Intended to be used in conjunction with his book Wherever You Go, There You Are, these four CD-length programs are a valuable resource that meditators at all experience levels...

#### Read PDF Guided Mindfulness Meditation Series 2

- Authored by Jon Kabat-Zinn
- Released at 2014



### Reviews

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