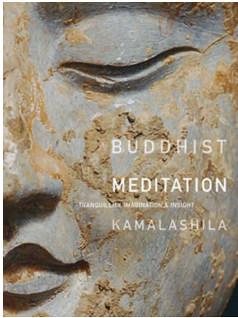




Introducing Buddhism	<b>Meditation</b>	Mindfulness	Developing Buddhism	Advanced Buddhism
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**Books to help you learn to meditate or deepen your practice**

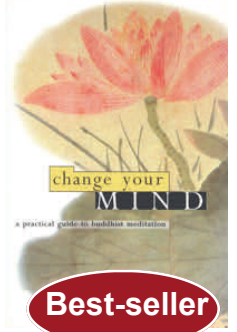


**Buddhist Meditation**  
By Kamalashila

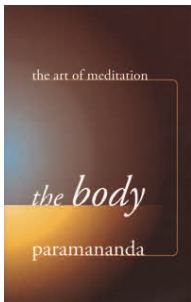
A comprehensive and practical guide to Buddhist meditation, providing a complete introduction for beginners, as well as detailed advice for experienced meditators.

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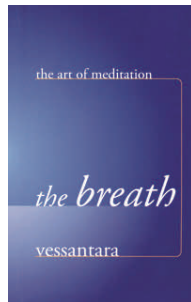
A compact and readable guide dealing imaginatively with the practical difficulties of meditation, meeting distraction and doubt with determination and humour.



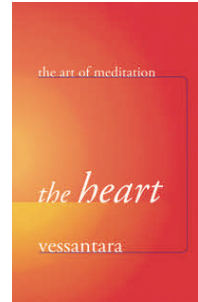
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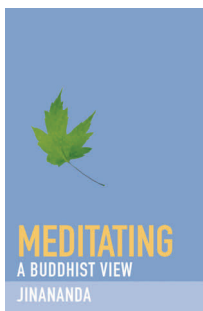
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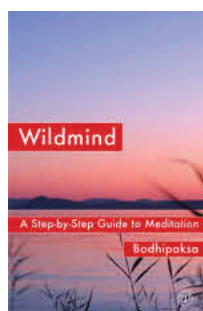


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