



Meditation Now: Inner Peace Through Inner Wisdom

By S. N. Goenka

Pariyatti Press. Paperback. Book Condition: new. BRAND NEW, Meditation Now: Inner Peace Through Inner Wisdom, S. N. Goenka, Celebrated Vipassana meditation teacher S N Goenka interprets the Buddha's teachings in this collection of lectures, essays, and interviews. These writings provide insights into how one of the most influential contemporary Buddhist practitioners defines Vipassana and how he uses it to achieve peace of mind and lead a happy, useful life. Included are transcripts of recent talks given at the World Economic Forum in Davos and at the Millennium World Peace Summit, and a previously unpublished interview conducted by Alan Atkisson, former editor of In Context magazine.



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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