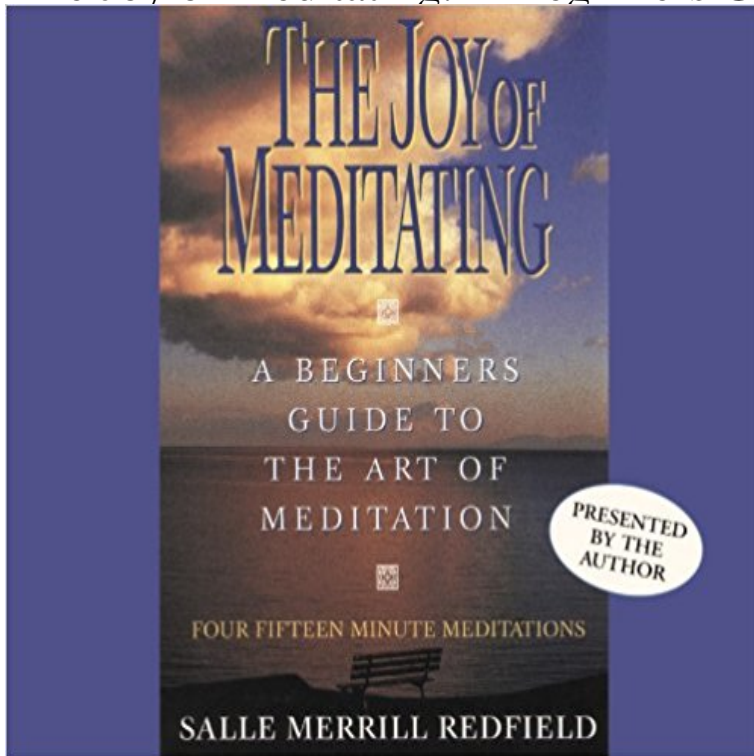


The Joy of Meditating: A Beginners Guide to the Art of Meditation



In this inspiring book, Salle Merrill Redfield guides you through four brief meditations. Each celebrates nature as a revered path to self-knowledge and spiritual enlightenment, leading you on a satisfying mental journey.

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