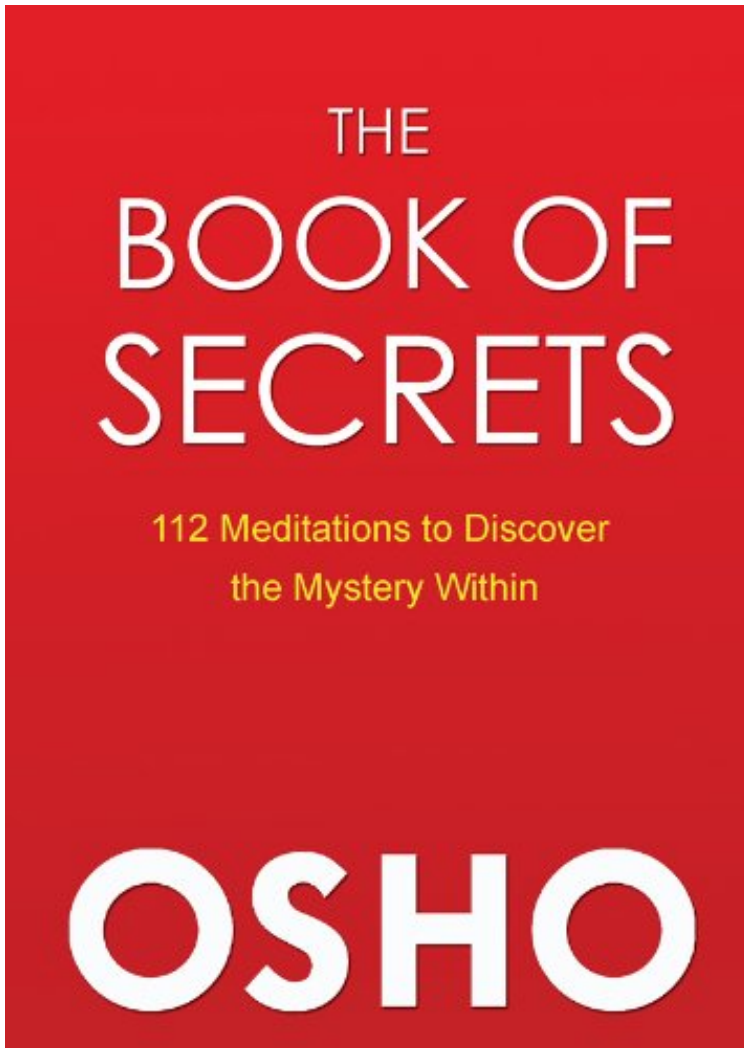


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Description :

Prsentation de l'diteurThe Book of Secrets is a step by step guide to find the best meditation suitable for you.112 methods of meditation are described and introduced here with helpful background information to give contemporary people a door to meditation.Reading this book, not only will your outlook on life change, but so will your life. If you want to know more about life and yourself this is your book.Each chapter that focuses on describing specific meditation techniques is followed by a chapter of questions from those who were present during the talks. In most cases, their questions relate to the techniques given in the previous chapter. So, as you start to experiment with a technique, it will be helpful to look into these chapters for some extra hint, some greater depth of understanding, or response to a question that might have arisen for

you in your experiments.