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*Ajahn Brahm*

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Meditieren, wie der Buddha es lehrte

Authentisch und unverfälscht, nämlich anhand der überlieferten Worte des Buddha, gibt dieses Buch eine verständliche, umfassende Einführung in die Meditation. Wer die klassische Form buddhistischer Geistesübung erlernen und erfolgreich praktizieren will, findet hier alles, was dazu nötig ist.

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