



Meditation Now or Never

Steve Hagen

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National bestselling author and teacher Steve Hagen strips away the cultural and religious jargon surrounding meditation and provides an accessible and thorough manual for newcomers and experienced practitioners alike. Inside you will find:

- Simple practices to avoid needlessly complicating meditation
- Where most of us get stuck in meditation—and how to get unstuck
- A unique focus on meditation not simply as a spiritual technique, but as a way of living

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