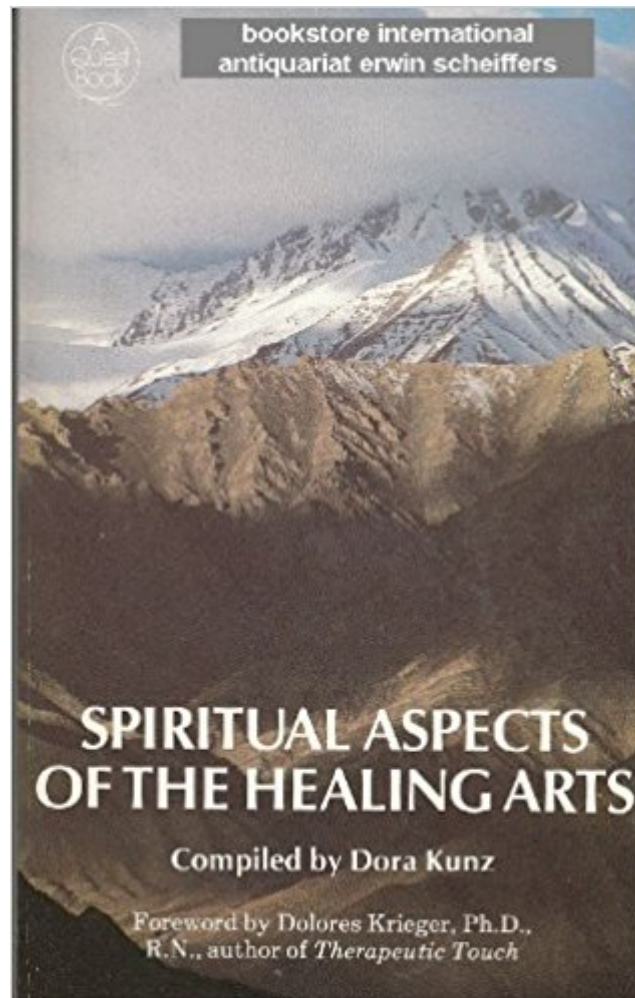




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Buddhist master Achaan Chah spent years meditating in a forest monastery of Thailand. This remarkable book reflects his simple and powerful message as well as the quiet, joyful Buddhist practice of dhudanga, or "everyday mindfulness," with profound insights for the West.

Book Information

Series: Quest Books

Paperback: 305 pages

Publisher: Theosophical Pub House; 1st edition (November 1985)

Language: English

ISBN-10: 0835606015

ISBN-13: 978-0835606011

Product Dimensions: 0.8 x 5.2 x 8.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.0 out of 5 stars 1 customer review

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