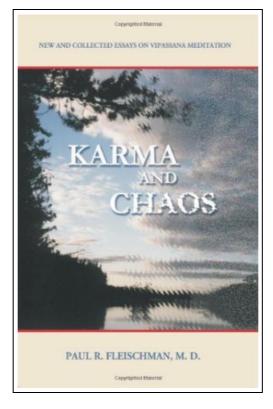
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It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Pariyatti Publishing. Paperback. Condition: New. 160 pages. Dimensions: 8.5in. x 0.6in.These eight essays explore the interface between psychiatry, science, and the timeless teachings of the Buddha. Drawn from the personal experiences of a therapist and practitioner of Vipassana meditation, this work explores meditations similarities and differences with psychotherapeutic and scientific endeavors. In the title essay, parallels are drawn between the atomic synthesis of free choice and lawful consequence in Chaos Theory and karma, offering contemporary insights into one of Buddhisms core concepts. The empirical roots of meditation, its relevance to daily life, and the challenges and benefits of daily practice of Vipassana meditation are also addressed. Practical examples for continued observation outside of formal meditation retreats guide readers in incorporating Buddhist practice into daily life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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