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By Ayya Kheme

Wisdom Publications,U.S., United States, 1999. Paperback. Condition: New. Language: English . Brand New Book. From the best-selling author of Being Nobody, Going Nowhere, Ayya Khema s Be an Island guides us along the path of Buddhist meditation with direct and practical advice, giving us contemplative tools to develop a healthy sense of personal being. Be an Island is at once an introduction to the teachings of Buddhism and a rich continuation of Ayya Khema s personal vision of Buddhist practice.



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