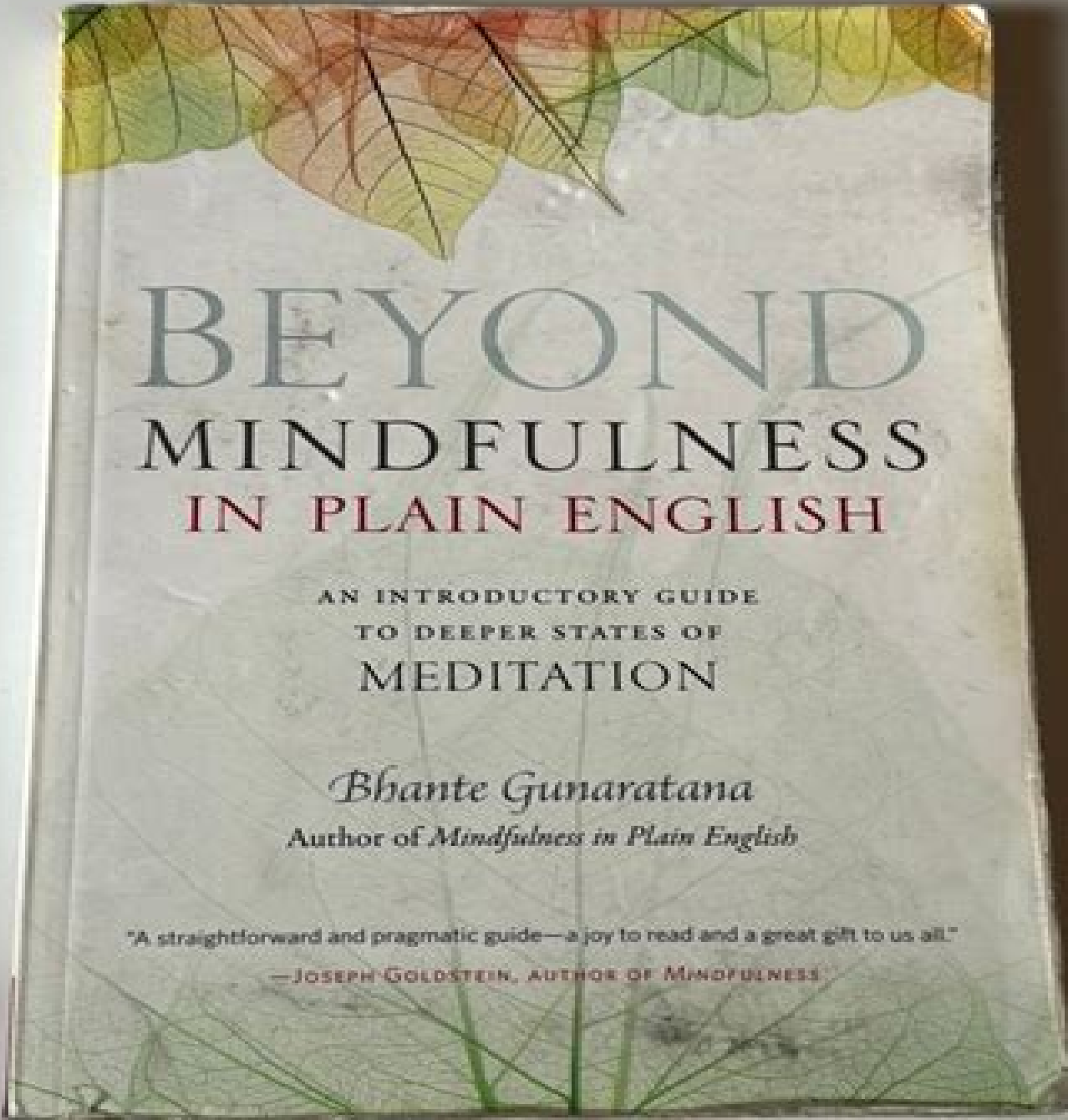




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AN INTRODUCTORY GUIDE
TO DEEPER STATES OF
MEDITATION

Bhante Gunaratana
Author of *Mindfulness in Plain English*

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