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Concentration, And Serenity**

By John Cianciosi

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John Cianciosi is the author of The Meditative Path (4.09 avg rating, 23 ratings, 5 reviews, published 2001) register; John Cianciosi s Followers. None yet.

http://www.goodreads.com/author/show/657518.John_Cianciosi

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The Meditative Path - A Gentle Way to Awareness, Concentration and Serenity (Paperback, 1st Quest ed) John Cianciosi

<http://www.uprice.co.za/p/The-Meditative-Path-A-Gentle-Way/697872/>

Buddhist meditation - Wikipedia, the free -

Buddhist meditation refers to the meditative practices associated with the religion and philosophy of Buddhism. Core meditation techniques have been preserved in

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