



Learning to Meditate: A Thirty-Day Introduction to the Practice of Meditation (Learner's Booklet)

Thomas Zanzig

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Week 4: learning to use spiritual reading in meditation, concluding the program on a note of gratitude and hope The learner's booklet includes enjoyable daily exercises of about fifteen minutes each for four weeks. The learner is invited to respond to the exercises in brief journal-writing activities. The learner's booklet is designed for private use combined with small-group gatherings, using its companion leader's guide, but it can be adapted for private use only.

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