



Genuine Happiness: Meditation as the Path to Fulfillment (Hardback)

By B. Alan Wallace

Turner Publishing Company, United States, 2005. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. A practical guide to finding happiness through meditation Drawing on his years of study with H.H. the Dalai Lama and other teachers, Alan Wallace presents five essential Buddhist meditations that can help people attain a genuine, spiritual happiness-a concept that s at the core of Tibetan Buddhist philosophy.



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