

Beginner's Guide To Buddhist Meditation: Practices For Mindful Living By Christina Feldman

By Christina Feldman

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Christopher Titmuss, Christina Feldman, guide to living a spiritual life through the practices of *The Beginner's Guide to Insight Meditation*

On *The Beginner's Guide to Buddhism*, *Beginners Guide to Buddhism* is a founder of the Spirit Rock Meditation Center. Christina Feldman is the author of

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Teacher reading lists. *Beginner's Mind* Suzuki Roshi; *The Buddhist Path to Simplicity* Christina Feldman; *Meditation for Life*

Suggested Books. Bhante Gunaratana: Christina Feldman: *Woman Awake*, *Soul Food*, *Silence*, *The Buddhist Path to Simplicity* and *Beginner's Guide to Buddhist*

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