

# Mindful America: The Mutual Transformation Of Buddhist Meditation And American Culture By Jeff Wilson

**By Jeff Wilson**

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Jeff Wilson examines how From Monastic to Domestic Mindfulness.

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Mindful America: The Mutual Transformation of Buddhist Meditation and I suspect that I am more enthusiastic about mindfulness "denuded of Buddhism

Jeff Wilson. Professor Jeff Wilson joins us to speak about his book, Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture.

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