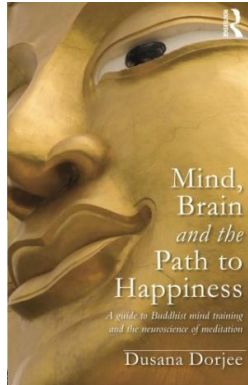


Mind, Brain, and the Path to Happiness: A Guide to Buddhist Mind Training and the Neuroscience of Meditation



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