



Meditation: Almost Perfect

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A guide to take up the practice of meditation. Why meditate? How? In a group, alone, or via an app?

Meditation is now a widespread practice across all spheres of society – both personal and professional. With humor, the author shares insights and explains the various ways of letting go "in a controlled way." He also provides advice and caution based on his research, recent scientific studies, and his own experience as a regular practitioner.

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