

Real Happiness: The Power Of Meditation: A 28-Day Program By Sharon Salzberg



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Sharon Salzberg has taught meditation for 36 years, written 8 books, co-founded the Insight Meditation Society, and has been a contributing editor at O, The Oprah

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One of America's leading spiritual teachers and authors, Sharon Salzberg is cofounder of the Insight Meditation Society (IMS) in Barre, Massachusetts.

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