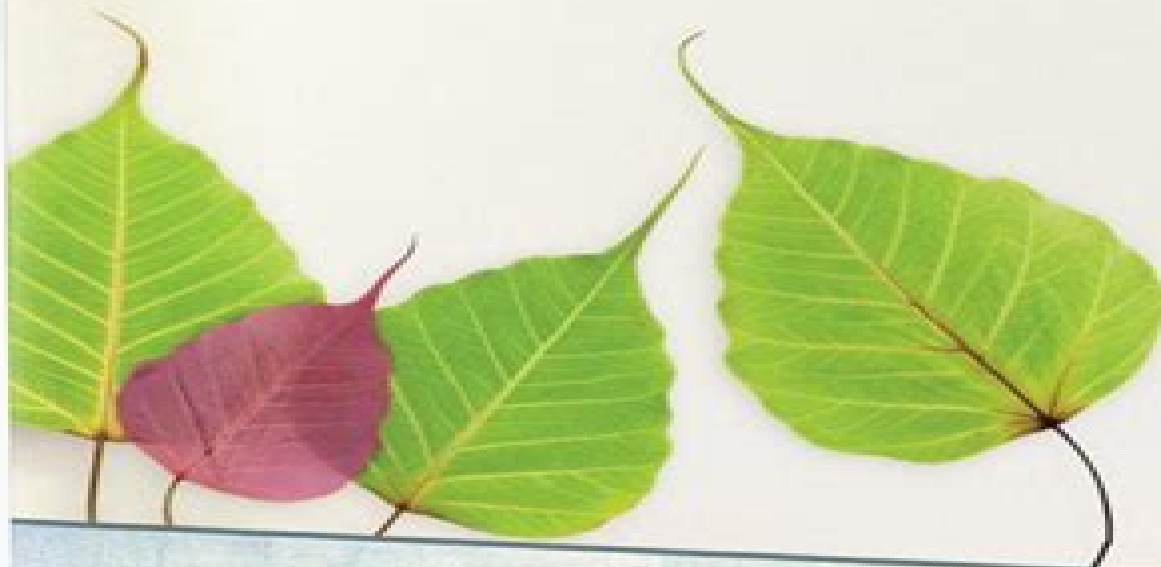


"The Four Foundations come to life. Drink long, drink deeply."—JON KABAT-ZINN

The 4 Foundations of Mindfulness

IN PLAIN ENGLISH



BHANTE GUNARATANA

Author of Mindfulness in Plain English

The Four Foundations Of Mindfulness In Plain English English Edition

Annelies Wilder-Smith



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