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S. N. Goenka

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The Art of Living is the definitive guide to the teaching of S.N. Goenka, the foremost living lay teacher of Vipassana meditation today. The print version has been translated into 15 languages.

This audio version offers an excellent way to gain or refresh an understanding of Vipassana, and to introduce the practice to others.

Vipassana practice is accurately described for a general audience and vividly conveys Goenkaji's inspiring teaching style, with original discourse stories from a ten-day meditation course told by him.



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