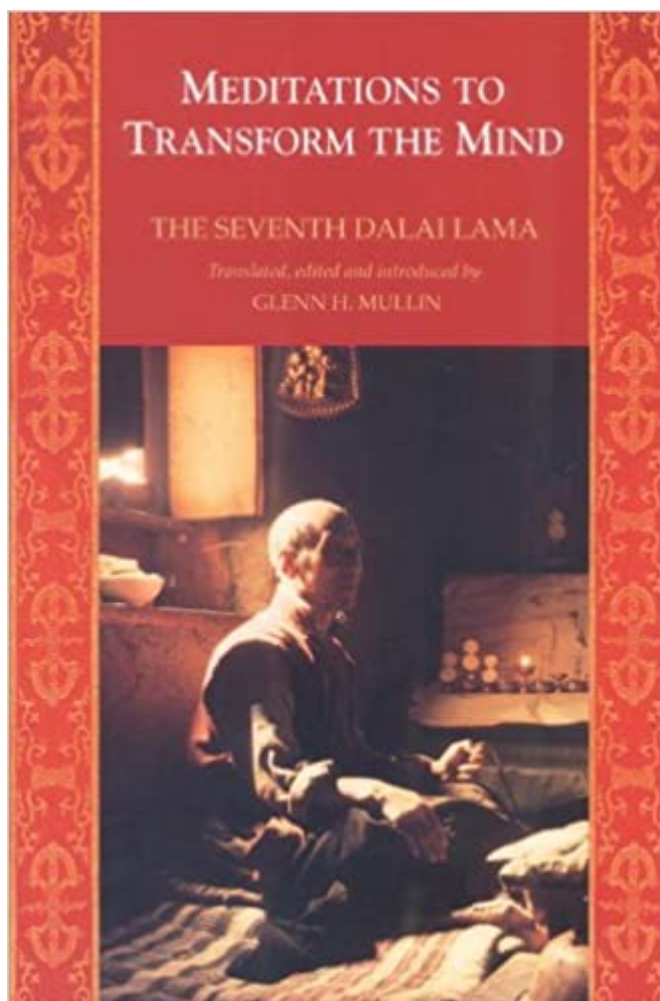


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Meditations To Transform The Mind



Synopsis

The Seventh Dalai Lama wrote extensive commentaries on the Tantras and over a thousand mystical poems and prayers. *Meditations to Transform the Mind* is a highly valued collection of spiritual advice for taming and developing the mind.

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Paperback: 264 pages

Publisher: Snow Lion (August 1, 1999)

Language: English

ISBN-10: 1559391251

ISBN-13: 978-1559391252

Product Dimensions: 6 x 0.7 x 9 inches

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