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MINDING CLOSELY - B. Alan Wallace
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Wallace (Mind in the Balance) brings more than 30 years of experience as a Buddhist teacher, author, and translator to this exploration of the "four applications of mindfulness"—awareness of body, feelings, mental events, and phenomena.

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"A comprehensive and rich teaching that combines skillful instruction and scholarly knowledge. Minding Closely draws on wisdom from both Theravada and Vajrayana traditions to offer a systematic and practical approach to liberation through mindfulness." —Jack Kornfield, author of The Wise Heart "Its ingenious structure combines theoretical and philosophical discussions with guided meditations ...

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