# Insight Meditation: The Practice of Freedom (Shambhala Classics)

Joseph Goldstein

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## **Insight Meditation: The Practice of Freedom (Shambhala Classics)**

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Thefruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-askedquestions.



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