

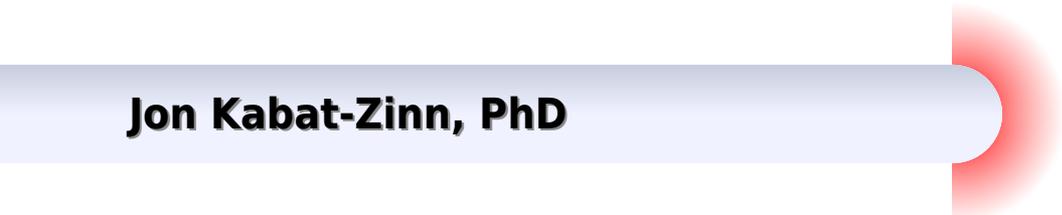
Meditation Primer: Part 1

Shamatha (calm abiding) and Vipassana (insight and mindfulness)



Mindfulness Meditation Primer

Jon Kabat-Zinn, PhD



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