

“In a hands-on style, this book effectively cuts through
common obstacles to the practice.”

—Sharon Salzberg, author of *New York Times* best seller *Real Happiness*



Mindfulness Meditation Made Simple

Your Guide to Finding True Inner Peace



The 12 Steps of the Mindfulness Meditation Practice

Foreword by Bhante Henepola Gunaratana
best-selling author of *Mindfulness in Plain English*

Charles A. Francis

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