

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

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# 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**

# Manual Book Mindfulness Meditation

**Xiaolong Qi**



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