

A composite image featuring a man and a woman sitting on a modern, sculptural wooden chair. The chair has a high, curved backrest and a unique, layered wood grain design. The man, on the left, is wearing a dark blue jacket and jeans, and is wearing large headphones. The woman, on the right, is wearing a blue dress and jeans. Both are sitting in a meditative posture. The background is a plain, light color.

THE POWER OF MEDITATION: EXPLORING YOUR INNER WORLD

Meditation The Journey To Your Inner World

D Siedentop



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