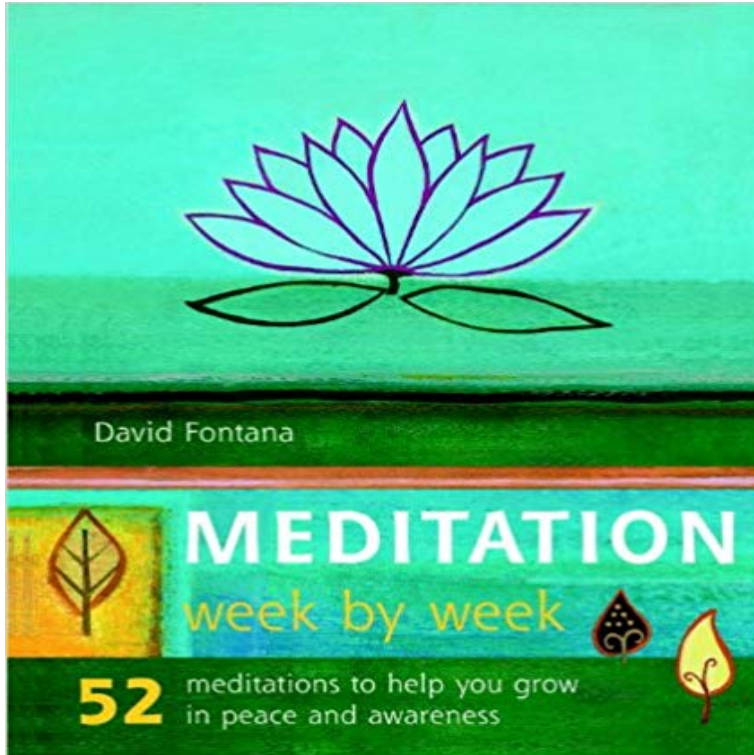


# Meditation Week by Week: 52 Meditations to Help You Grow in Peace and Awareness



Learning to meditate is a personal journey, which everyone must undertake at his or her own pace. Best-selling meditation master David Fontana helps us stay committed, inspired, and on track during this inner voyage. Some of the exercises he lays out may take a week to accomplish, while others may require a day, month, year, or even a lifetime. Newcomers and more experienced meditators will both gain fresh insights from these 52 stages. Part One covers beginning meditation and tuning in to self-awareness. The second section focuses on developing concentration and mindfulness. Part Three lays out the path to tranquility, and the fourth and final stage the most advanced shows how to develop deep insight into ourselves and the nature of existence.

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