



## The Little Manual of Meditation: 15 Effective Ways to Discover Your Inner Self

By Vikas Malkani

Unicorn Books, New Delhi, India. Softcover. Book Condition: New. This little manual tells you about an ancient practice that has been used by people who seek a life of peace and purpose. It is special because the author, a best-selling writer of over 24 books, is an internationally renowned master of meditation. Printed Pages: 152.



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