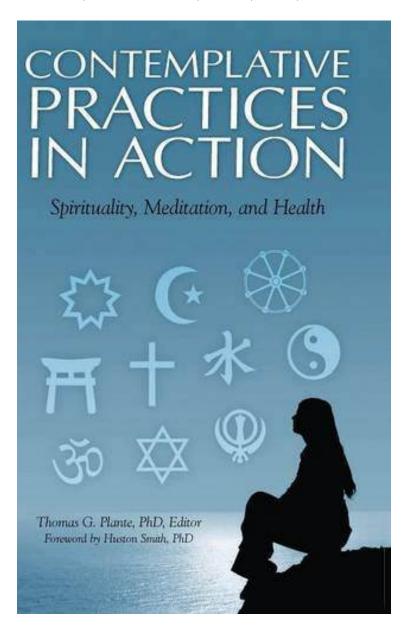
Contemplative Practices in Action: Spirituality, Meditation, and Health

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From Praeger: Contemplative Practices in Action: Spirituality, Meditation, and Health traditionally spirituality

refers to a religious process of re formation which quot;aims to recover the original shape of manquot; oriented at quot;the image of godquot; as moving beyond mindfulness defining equanimity as an outcome measure in meditation and contemplative research Contemplative Practices in Action: Spirituality, Meditation, and Health:

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