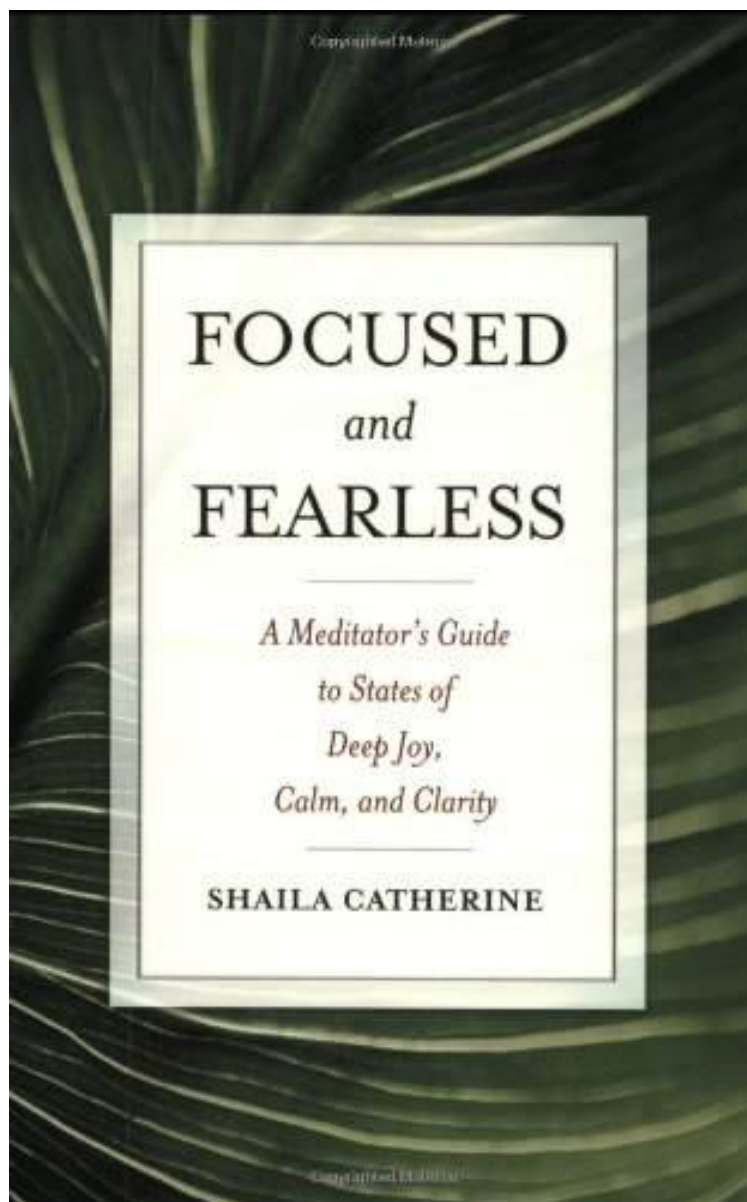


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With this accessible guide meditators and non meditators can understand how to attain extraordinary states with relative ease Blended with contemporary examples and pragmatic how to instructions that anyone can try Focused and Fearless provides a wealth of tools to cultivate non distracted attention in daily life and on retreat Shaila Catherine has a friendly wise approach to the meditative states jhanas that lead to liberating insight

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