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Real Happiness is a 28-day meditation program that has the power to transform your life! Sharon Salzberg, one of the world's foremost insight meditation

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Sharon Salzberg: real happiness - mindful

Sharon Salzberg: Real Happiness in the U.S., opens up about her new book, Real Happiness: The Power of Meditation, a 28-Day Program.

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Sharon Salzberg has been a student of meditation since 1971, and author of *Real Happiness: The Power of Meditation: A 28-Day Program* (2010), *Faith: Trusting*

Sharon Salzberg - Wikipedia

Sharon Salzberg (born 1952) is a New York Times Best selling author and teacher of Buddhist meditation practices in the West. In 1974, she co-founded the Insight Meditation Society at Barre, A Heart as Wide as the World (1999), *Real Happiness - The Power of Meditation: A 28-Day Program* (2010), which was on The

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REAL HAPPINESS: THE POWER OF MEDITATION: A 28-DAY PROGRAM. Author: SALZBERG. ISBN: 9780761159254. Publisher: Thomas Allen & Son. Volume

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Real Happiness : The Power of Meditation: A 28-day Program - By Sharon Salzberg Sharon Salzberg's new book, Real Happiness, shows us that meditation

092: sharon salzberg - the one you feed

She is the author of many books including the New York Times Best Seller, Real Happiness: The Power of Meditation: A 28-Day Program, Love

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