

A Still Forest Pool: The Insight Meditation of Achaan Chah (Quest Book)

By Achaan Chah, Paul Breiter, Ajahn Chah

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Buddhist master Achaan Chah spent years meditating in a forest monastery of Thailand. This remarkable book reflects his simple and powerful message as well as the quiet, joyful Buddhist practice of dhudanga, or "everyday mindfulness," with profound insights for the West.

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