



## Nothing Happens Next: Responses to Questions About Meditation

By Cheri Huber

Keep it Simple Books,U.S., United States, 1995. Paperback.  
Book Condition: New. Reissue. 213 x 137 mm. Language: English . Brand New Book. Answering questions such as What is meditation? I can t clear my mind. What should I do? What do I focus on? and How can I meditate when I have no time? this guide answers more than 50 of the most commonly asked questions about meditation practices. Beginners will find information on how to sit, what to sit on, when to sit, where to sit, why to sit, and what to expect. They will learn how the body, mind, emotions, and spirit might respond to meditation.

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