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naturally manifest from awareness itself.

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The Joy of Living by Mingyur Rinpoche, Yongey (ebook)

The Joy of Living: Unlocking the Secret and Science of Happiness By Yongey Mingyur Rinpoche with Eric Swanson, Daniel Goleman In this groundbreaking work, world-renowned Buddhist teacher Yongey Mingyur Rinpoche invites us to join him in unlocking the secrets behind the practice of meditation.

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