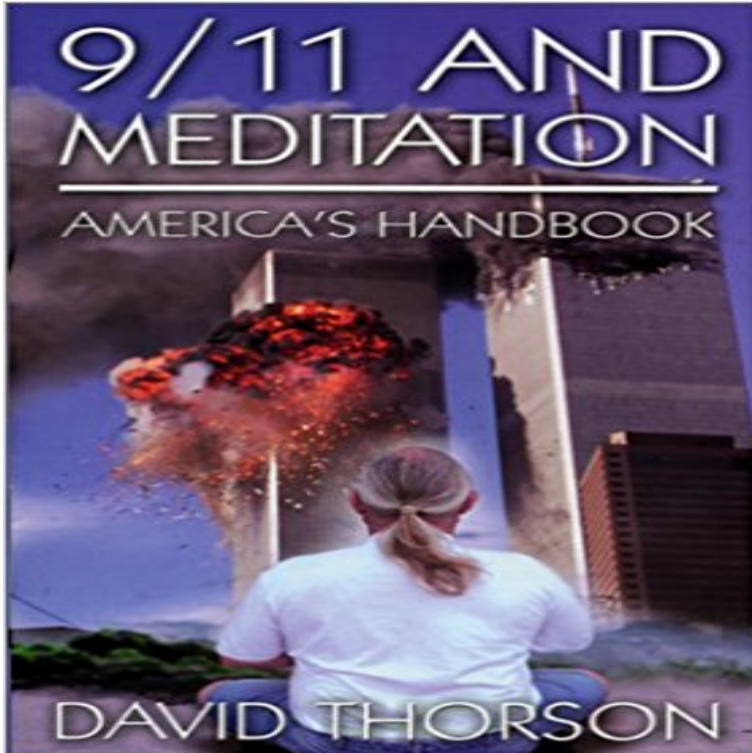


9/11 and Meditation: Americas Handbook



All Americans have been deeply affected by the terrorist events of and following 9-11-01 in our country. David Thorson submits that meditation is a potentially powerful intervention to ameliorate the frightening effects of such divisive and devastating acts of terror. This book features a lifetime of harrowing life events amidst intense psychological and social polarization, calamity and chaos; overcome in part by practicing the age-old art of meditation.

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