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James is co-author with Shoshana Alexander of *Awakening Joy, a new book based and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. In 2005, her focus landed on Buddhism and Vipassana meditation, which is

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She is author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* and *Wisdom Wide and Deep: A Practical*

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She authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, and *Wisdom Wide and Deep: A Practical*

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focus on concentration and jh?na, and authored "*Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*." Since 2006 Shaila has

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Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity. Cover. Shaila Catherine. Simon and Schuster, 10.05.2008 - 280 Seiten.

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Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana With calm, tranquility, and composure -- established through a Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity. Her extraordinary clarity and step-by-step approach will embolden

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Focused and Fearless is about much more than merely meditation or concentration. It offers a complete path towards bliss, Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity. Front Cover.

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With this accessible guide, meditators (and non-meditators) can understand how to attain A Meditator's Guide to States of Deep Joy, Calm, and Clarity.

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