
Meditation Made Easy

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meditation made simple - arnie kozak - meditation made simple: seven considerations to get you started. about the author. arnie kozak, ph.d., is a licensed psychologist and a clinical . assistant professor in the department of psychiatry at the university of vermont college of medicine. he is the founder of the exquisite mind psychotherapy and meditation studio in burlington, vermont (exquisitemind). he has practiced vipassana ...
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