



# What Is Meditation?: Buddhism for Everyone

*Rob Nairn*

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## **What Is Meditation?: Buddhism for Everyone** Rob Nairn

*What Is Meditation?* explains the Buddhist worldview and the age-old practice it perfected to unfold our innate qualities of compassion, self-acceptance, and inner peace. Rob Nairn gives step-by-step instructions for beginning your own meditation practice, including three simple exercises—"Bare Attention," "Remaining in the Present," and "Meditation Using Sound"—to help get you started.

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