

Guided Meditations for Self-Healing

Jack Kornfield



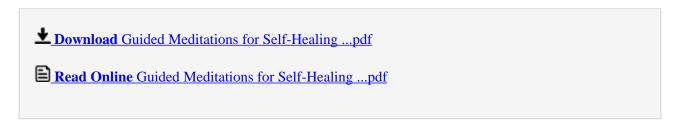
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"Guided Meditations for Self-Healing" leads listeners through meditations created specifically to ease physical and emotional suffering and activate a powerful capacity for restoring themselves to wholeness. A leading meditation teacher presents three powerful meditations created to provide solace and strength during the times of injury and suffering.



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