



An Ancient Path: Talks on Vipassana Meditation as Taught by S.N. Goenka

Paul R Fleischman

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A collection of talks given by Dr. Paul Fleischman on Vipassana meditation as taught by S.N. Goenka, these selections explore subjects such as mental health, mindfulness, and cultivating inner peace. They were given to diverse audiences across the world in locations including Boston, Madrid, Vienna, and Dublin. These talks are a valuable introduction to Vipassana meditation, as well as an inspiring resource for those who are already practicing.

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