



The Buddha The Body and the Reason Why?: Why meditate?

Robert Leshin

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In a worldwide journey that ended in India, Robert Leshin began his study of the Buddha's teachings. Though his use of Vipassana meditation, Leshin learned the secrets to the body's inner language. Giving examples drawn from his own life experiences, he offers the reader an opportunity for inner peace that begins with his approach to self-awareness. He calls it "Body Talk".

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