

Genuine Happiness: Meditation As The Path To Fulfillment By B. Alan Wallace

By B. Alan Wallace

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B. Alan Wallace, PhD, has been a scholar and practitioner of Buddhism for more than forty years, and has been leading workshops and retreats on dream yoga for more

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The Cultivation of Genuine Happiness Meditation as the Path to Fulfillment California, B. Alan Wallace, Ph.D. explores methods of cultivating genuine happiness.

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B. Alan Wallace, Author, Dalai Lama, Foreword by. Wiley \$24.95
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