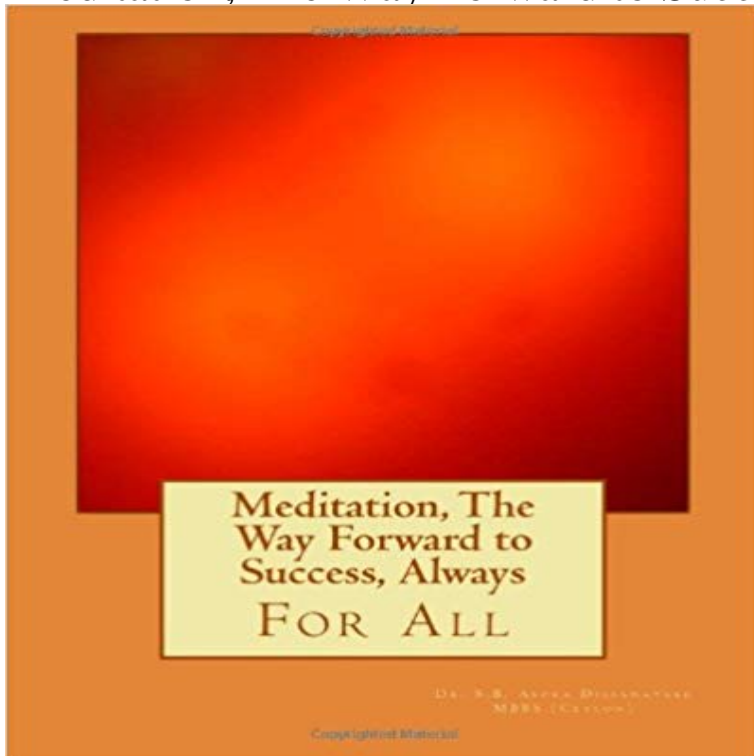


# Meditation, The Way Forward to Success, Always: For All



This is the third in a series of books on Buddhism. This is probably, the most important of all. It illustrates the practical use of Meditation in a Buddhist perspective. Unlike other two books, one does not need to be a religious or a spiritual soul to derive benefits from it. Even non Buddhists can derive some meaningful insight into Buddhist meditation practice. The usefulness of meditation is emphasized in a simple, practical and a very useful way, in day to day life activities or on a business tour or a short tropical holiday, out in the open. This book is for all. East or West, Man or Woman, Student or an Erudite. One does not need a GURU. One only has to change ones attitude towards its practice. One does not need to retreat to a resort or become a recluse. One has to Walk, the Talk. I have kept the book within 100 pages for easy reading. ENJOY the practice of simple meditation. Reading the other two books on Rebirth Revisited and Buddhism Made Simple one might even master the basic teaching in Buddhism, without much of a hassle.

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