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How to Meditate is an excellent volume for those who've been meditating for a period of time and are interested in expanding into different forms of meditation. LeShan provides sufficient background and helpful lessons for each form. Take note that his approach is not touchy-feely and his writing is borderline austere. This is a slim, but informative book you can refer back to year after year. This item: How to Meditate: A Guide to Self-Discovery by Lawrence LeShan Paperback \$21.43 Only 4 left in stock - order soon. Sold by Izaak's and ships from Amazon Fulfillment. With his simple, straightforward approach, Lawrence LeShan demystifies meditation. No matter what you do or how busy you are, his brief, realistic guide lets you explore the many paths to meditation. His specific programs and exercises provide practical tools for you to begin your own journey. How to Meditate: A Guide to Self Discovery | Lawrence LeShan | ISBN: 9780722154960 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. How to Meditate: A Guide to Self Discovery: Amazon.de: Lawrence LeShan: Fremdsprachige Bücher