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Lawrence LeShan (born September 6, 1920) is an American psychologist, educator and the author of the best-selling *How to Meditate* (1974) a practical guide to meditation. *Beyond Technique: Psychotherapy for the 21st Century* (1996); *How to Meditate: A Guide to Self-Discovery* (1999); *The Dilemma of Psychology: A*

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Self-discovery & meditation: interview by dr donna rockwell

I decided to investigate by asking Sharon Salzberg my thesis question: "What is the experience of self-discovery through meditation?"

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