



PHILADELPHIA UNIVERSITY LIBRARY

ONLINE CATALOGUE

Discovering meditation : how to practice meditation techniques to find inner calm and resolution

	Author	Brueton,Diana (Author)
	Responsibility Data	Diana Brueton
	Publication Data	Mumbai: Jaico Publishing House, 2003
	Physical Description	120 p. : ill. ; 22 cm.
	Series Data	How to;
	ISBN	81-7224-938-1
	Subject Area	Psychology
	Subject Headings	Meditation
	Call Number	158.128 BRU

Philadelphia University Library 2011