

Turning Toward Happiness: Conversations With A Zen Teacher And Her Students By Cheri Huber

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That s it, just relax on the black leather couch and breathe slowly. Let your eyes follow the swinging pendulum. Your eyes are getting heavier . . . and heavier . . .

Sara Jenkins (author of olives and oranges)

Sara Jenkins is the author of Olives and Oranges (3.98 avg rating, 58 ratings, 12 reviews, published 2008), Sweet Zen (4.42 avg rating, 26 ratings, 5 re

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Cheri Huber is founder and resident teacher at the Zen Troy Rapp began practicing meditation in the Zen working on her certification toward becoming a

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lucuzihy Oxford Reading Tree: Ontario and is now making her way toward retirement with something less than grace. According to Zen teacher Cheri Huber

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