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Asma, Stephen T. Buddha for Beginners 1996: Snelling, John The Buddhist Handbook: A Complete Guide to Buddhist Schools, Teaching, Practice and History 1991:

[http://sasana.org/sangha\\_nightstand.shtml](http://sasana.org/sangha_nightstand.shtml)

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<http://zenhabits.net/meditation-for-beginners-20-practical-tips-for-quieting-the-mind/>

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