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Edward Conze

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As an intensely practical religion, Buddhism has concentrated on devising a great number of meditations. In recent years psychologists have shown great interest in the therapeutic value of these meditations, but accurate information about them has been hard to come by. The most outstanding original documents have now been made accessible by Edward Conze, who translated them from Pali, Sanskrit and Tibetan. The volume, originally published in 1956, also deals with the meaning of Buddhist meditation, and the relation of its methods and presuppositions to modern psychology.

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