



# The Meditator's Handbook: A Comprehensive Guide to Eastern & Western Meditation Techniques

*By David Fontana*

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This book is for novice and advanced practitioners alike. It describes the theory and practice of all the major Eastern and Western approaches to meditation and brings together the insights provided by these spiritual traditions with those of modern psychology.

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**By David Fontana Bibliography**

- Sales Rank: #2346073 in Books
- Brand: Brand: Element Books Ltd.
- Published on: 1998-11-25
- Original language: English
- Number of items: 1
- Dimensions: 8.42" h x .68" w x 6.24" l,
- Binding: Paperback
- 224 pages

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#### **Review**

'Dr. Fontana's sincerity, enormous depth of both scholarship and practice of meditation all combine to make this book a beautiful companion for meditators at any stage of their spiritual journey.' Dr. Michael West, author of *The Psychology of Meditation*

#### **About the Author**

David Fontana is a psychologist who holds posts at the University of Wales and the University of Minho, Portugal. For over 25 years he has studied Eastern and Western religions, meditation, dreams, psychotherapy and other techniques for spiritual and psychological development. His many books on psychology and personal growth have been translated into 21 languages.

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