



Nothing to Grasp

Joan Tollifson

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This book points relentlessly to what is most obvious and impossible to avoid: the ever-present, ever-changing, nonconceptual actuality of the present moment that is effortlessly presenting itself right now. This book is an invitation to wake up from commonplace misconceptions and to see through the imaginary separate self at the root of our human suffering and confusion. *Nothing to Grasp* is a celebration of what is, exactly as it is.

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