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Eight Bridges to Freedom is a translation of a number of ancient compiled texts that center on Buddha's teachings. Freedom is the driving condition of the 21st Century, and it is at the essence of being human. Learn how to be free from compulsion of any kind. Learn to be happier in your life. Like you, I tried meditation and felt something was missing from the instruction. So I returned to the original texts and discovered Jhana Meditation which was Buddha's meditation. You do not have to be a Buddhist to practice Jhana Meditation. I have used it to break the bounds of addiction and compulsion.

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