

**JUST ONE THING: DEVELOPING A BUDDHA BRAIN
ONE SIMPLE PRACTICE AT A TIME**

Glenn Mai Woll

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Hanson explains them and then tells you how to achieve the result using the fundamental phases to spiritual growth: Once we have an awareness of this, we can dedicate time to ensuring that any changes that occur are for the better, by making conscious decisions. Rick's strength lies in expressing things in an utmost simple manner.

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