



# In This Very Life: Liberation Teachings of the Buddha

*U Pandita*

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Burmese meditation master Sayadaw U Pandita shows us that freedom is as immediate as breathing, as fundamental as a footprint. In this book he describes the path of the Buddha and calls all of us to that heroic journey of liberation. Enlivened by numerous case histories and anecdotes, *In This Very Life* is a matchless guide to the inner territory of meditation - as described by the Buddha.



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