

Let Go: A Buddhist Guide To Breaking Free Of Habits
By Martine Batchelor

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Martine Batchelor (born 1953), a former Jogye Buddhist nun, is the author of several books on Let Go: A Buddhist Guide to Breaking Free of Habits. Wisdom

Teachers - true north insight

A co-founder of TNI, he enjoys sharing the Buddha's teachings with all curious people in Korean Zen and Let Go: A Buddhist Guide to Breaking Free of Habits.

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She is the author of Meditation for Life, The Path of Compassion, Women in Korean Zen, and Let Go: A Buddhist Guide to Breaking Free of Habits. She is a

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She was ordained as a Buddhist nun in Korea in 1975. 'Women in Korean Zen' and 'Let Go: A Buddhist Guide to Breaking Free of Habits'.

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She is the author of Meditation for Life, The Path of Compassion, Women in Korean Zen and Let Go: A Buddhist Guide to Breaking Free of Habits. She is a

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is the author of Meditation for Life, The Path of Compassion, Women in Korean Zen and Let Go: A Buddhist

Martine - stephen batchelor

She was ordained as a Buddhist nun in Korea in 1975. Precepts), 'Women in Korean Zen' and 'Let Go: A Buddhist Guide to Breaking Free of Habits'.

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