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Vipassana meditation Ian Hetherington has taught Vipassana meditation as a representative of S.N. Goenka since 1993. He is the author of Realizing Change

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Realizing Change: Vipassana Meditation in Action Ian Hetherington 9781928706212 Pariyatti Press

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Realizing Change Vipassana Meditation in Action by Ian Hetherington. Realizing Change Vipassana Meditation in Action by Ian Hetherington was published in 2003

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