



Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity

Shaila Catherine

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With this accessible guide, meditators (and non-meditators) can understand how to attain extraordinary states with relative ease. Blended with contemporary examples and pragmatic "how to" instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (*jhanas*) that lead to liberating insight.

Focused and Fearless is about much more than merely meditation or concentration. It offers a complete path towards bliss, fearlessness, and true awakening.



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