



# Contemplation Nation: How Ancient Practices Are Changing the Way We Live

*Mirabai Bush*

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In this anthology, religious and spiritual teachers as well as thought leaders from various secular arenas, including law, business, and health, reflect on the state of contemplative expression in their respective sectors. These papers offer a range of definitions and provide perspectives on the maturation and practical application of contemplative practice in the United States over the past several decades.

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