



Bare-Bones Meditation: Waking Up from the Story of My Life

Joan Tollifson

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Born with only one hand, Joan Tollifson grows up feeling different, finds identity as a bisexual lesbian and a disability rights activist, but also sinks into drug addiction and alcoholism. She embraces Zen Buddhism and then a very bare-bones spirituality that has no form. Bare-Bones Meditation reveals the inner process of the mind in a new way, and Tollifson's account is beautifully written--intense and from the heart.

From the Trade Paperback edition.

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