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Jack Kornfield, PhD, trained as a Buddhist monk in Thailand, Burma, and India and has been teaching meditation internationally since 1974. He is one of the key teachers to introduce mindfulness practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California.

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Beginners Kornfield Jack jack kornfield was trained as a buddhist monk in thailand burma and india and has taught around the world since 1974 he also holds a phd in clinical psychology he is a co founder of the insight meditation

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