



The Best Meditations on the Planet: 120 Techniques to Beat Stress, Improve Health, and Create Happiness-in Just Minutes Per Day

By Skye Alexander

Fair Winds Press. Paperback. Condition: New. 240 pages.

Dimensions: 8.9in. x 8.0in. x 0.8in. Harness the Incredible Benefits of Meditation in Just Minutes Per Day! The Best Meditations on the Planet is a thoroughly modern, personally unique encyclopedia of specific meditations for physical, emotional, and spiritual health and healing for yourself and the entire planet. This is the most comprehensive approach to practical meditation I have seen and enjoyed. I will be recommending it to everyone. - C. Norman Shealy, M. D., Ph. D., founder of the American Holistic Medical Association and president of Holos Institutes of Health. Over the last decade hundreds of scientific studies have touted the benefits of meditation and its ability to do everything from rewire your brain for happiness to bolster your immune system against illness. The Best Meditations on the Planet gives you 100 meditations that can be used anytime and anywhere to immediately improve your emotional, mental, and physical well-being. Drawing on techniques from all over the world, each meditation is set up in seven steps or fewer and can be practiced in just minutes. Whether you're a novice looking to begin your practice or a more advanced meditation practitioner seeking new techniques, The Best...



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