



## Me Time: The Journey Through Chaos to Creation Through Meditation

By Millicent Edwards

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ME Time: The Journey Through Chaos to Creation Through Meditation is an inspirational and informational eBook that tells of how this 100 FREE practice can change your life for the better. And it's a quick read too. It will only take about an hour. But it will be an hour well spent. I want to share this gift with you. In today's very hectic society many people are highly stressed and overwhelmed. More and more people are understanding the importance of taking time for themselves. There is real power in meditation. This simple yet powerful practice helps improve every area of life. The book features stories of highly successful individuals who have discovered this life-giving practice. Join the many people that have discovered this wonderful key to happiness, such as: Russell Simmons, Huffington Post Editor: Arianna Huffington and not to mention Oprah Winfrey, just to name a few. This book will answer questions that may have kept you from a meditation practice in the past, such as, Am I doing it Right? How...



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