

## ***8 Minute Meditation Quiet Your Mind Change Life Victor Davich***

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Victor's books and CDs, The Best Guide to Meditation (St. Martin's Press) and 8 Minute Meditation: Quiet Your Mind. Change Your Life. (Penguin/Perigee) are popular throughout the world. Victor and 8 Minute Meditation are endorsed by physicians at the UCLA Medical School and Memorial Sloan-Kettering Cancer Center, as well as by best-selling ...

**About 8 Minute Meditation and Author Victor Davich**

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Available from Amazon.com and Amazon.co.uk. You can expect from Mr. Davich's book a witty and engaging guide to some basic meditation techniques drawn from the world of Insight Meditation. The book outlines a systematic eight-week program of meditation, including the practices of simply following each breath, staying in the moment by "noting" thoughts as being about the past or future, paying ...

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