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*(Alec Langosh)*

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Grin Verlag Gmbh Aug 2014, 2014. Taschenbuch. Book Condition: Neu. 210x148x2 mm. This item is printed on demand - Print on Demand Titel. Neuware - Essay from the year 2014 in the subject Sociology - Knowledge and Information, grade: 12, -, language: English, abstract: There is a very thin arbitrary line between our daily lives and meditation. Meditation has different meanings and it perceived differently in various parts of the world. Though mindfulness is a modern term, it has its roots back in the concept of meditation. The term actually compliments meditation. This book lays a strong foundation on the basics of mindfulness and meditation by detailing constructive insights in the form of examples, exercises and facts. It also focuses on raising the inner peace, enjoying spirituality and attaining inner peace with the help of mindfulness meditation. By meditating mindfully, you are becoming aware and that is the key to inner peace and realizing your true potential. 32 pp. Englisch.



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