



Meditation: A Guide to Using Meditation to Enhance Your Life, Health and General Well-Being

By Faye Froome

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation. A Guide to Using Meditation to Enhance Your Life, Health and General Well-being Discover How To Use And Integrate Meditation Into Your Daily Routine Has modern life left you felt stressed and tired, do you constantly feel that you are unable to manage what life throws at you and you no longer feel in control? Well Meditation could be the answer! People who Meditate are generally happier, better connected with themselves, and more likely to be emotionally stable! This book contains steps and techniques which will enhance your physical and mental well-being and allow you to gain a level of control over your emotional responses to situations in your day to day life. So what are you waiting for, get your copy now and discover the wonderful world of Meditation Contained in this book you will find information on the origins of meditation, how it spread from the Eastern World and was adapted to suit modern day life while still retaining all the benefits experienced by practitioners from centuries ago, different techniques on meditation,...



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