



The Little Book of Meditation: The Way to Lifelong Vibrant Health, Peace of Mind, Spiritual Growth and Wellbeing

By William Bodri

Top Shape Publishing, LLC. Paperback. Book Condition: New. Paperback. 388 pages. Dimensions: 9.0in. x 5.3in. x 1.1in. More and more people are feeling the pressures of life, being literally overwhelmed in today's accelerating world of constant change. We are all being challenged with the need to relax and cultivate mental peace to counter the growing stresses within our own lives and what we see around us. How do we keep up our energy and stay mentally and physically balanced so that we can maintain our composure and prevent harm to ourselves? How can we return to a road of vibrant health, boundless energy, peace of mind and wellbeing? The answer is through meditation. The ancient practice of meditation teaches you how to calm your mind to find an internal mental peace and tranquility despite all the stresses surrounding you. The benefits of learning how to meditate include the ability to enjoy a quiet empty mind, better health, more energy, and wellbeing. There are not just physical and mental benefits to meditation but profound spiritual benefits as well, which is why meditation has become a foundational practice within many spiritual traditions. Even so, few people know how to meditate correctly to reap...



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-- **Prof. Kirk Cruickshank DDS**

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



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