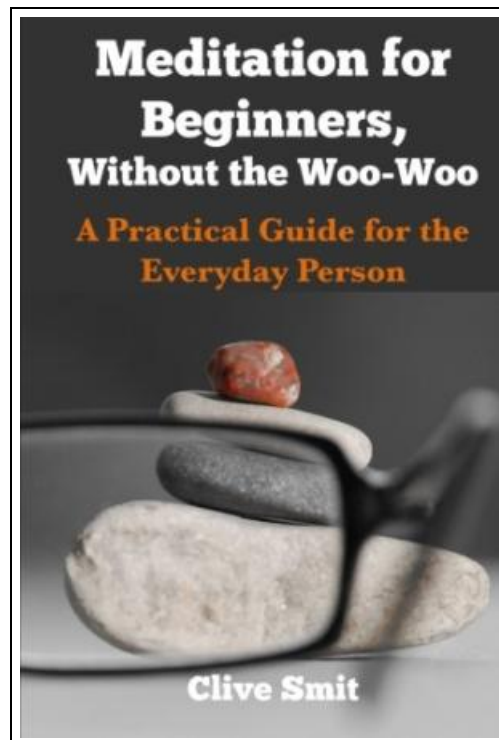


## Meditation for Beginners, Without the Woo-Woo: A Beginners Guide for the Everyday Person



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### **Reviews**

*Extensive manual! Its this sort of very good study. It is rally fascinating throug reading time period. I am just pleased to explain how this is actually the finest publication we have go through during my personal life and can be he greatest ebook for actually.*  
(Henri Runolfsdottir)

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Mksel Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It feels good. Kinda like when you have to shut your computer down, just sometimes when it goes crazy, you just shut it down and when you turn it on, it's okay again. That's what meditation is to me. - Ellen DeGeneres, comedian, television host, actress, writer, and producer I was someone who was very skeptical of meditation. To be honest it seemed like it was a woo-woo practice. But what I have since found out is that meditation is not religious, for Buddhist or hippies. It is a crucial tool for sharpening the mind along with many other important benefits. After all, there is a reason that this wonderful tool has been around for millennia! Science has been able to show again and again the multitude of benefits that meditation brings to the practitioner. And you can begin to experience these benefits for yourself, today! What holds many people back are the many misconceptions about meditation. For example, the belief that meditation is an extremely difficult and reserved for the Zen Masters. While meditation is not easy, it certainly isn't complicated and with a bit of practice can be mastered by anyone. Bianca Beattie said the following after reading this book, . I also loved the fact that it was easy enough to understand to the extent that I am considering meditation, I have always thought it to be too complicated. Another misperception is that meditation is just about sitting in a mindless zone. Not only is meditation active it also unleashes an incredible creativity and energy into your life. I thought when I started meditation that I was going to get...



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