



Teach Yourself to Meditate: Over 20 Exercises for Peace, Health and Clarity of Mind

By Eric Harrison

Little, Brown Book Group, United Kingdom, 1994. Paperback. Book Condition: New. 214 x 134 mm. Language: English . Brand New Book. Many people are turning to meditation as an effective way to relax and find inner peace. Regular meditation can help you to combat stress, improve your general health, increase your awareness and boost your capacity to think clearly and creatively. Teach Yourself to Meditate is the ideal guide for everyone who wants to learn this powerful technique. This excellent book explains what meditation is, why it works and how to do it, as well as the 10 core meditation practices which work best for everyone. Throughout the book there are also easy-to-follow exercises and enjoyable spot meditations which you can do any time, anywhere. By investing just a few minutes a day, you will learn a skill that will greatly improve the quality of your life.



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