

Meditation for Beginners: Learn How to Relieve Stress Anxiety, Find Inner Peace Happiness (Paperback)



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Reviews

Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be he very best ebook for ever.
(Gideon Morisette)

MEDITATION FOR BEGINNERS: LEARN HOW TO RELIEVE STRESS ANXIETY, FIND INNER PEACE HAPPINESS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU FEELING STRESSED DO YOU WANT MORE CONTROL OVER YOUR LIFE? DO YOU WANT TO GROW AS A PERSON? Then read on. A lot of people are interested in meditation, however, more often than not they shy away from meditation because they feel it is something which only very special people can do. It is this belief, that meditation can only be carried out by the few, that stops many people from trying out meditation. In reality meditation is a natural process and when we meditate it returns consciousness back to its natural state. In this book you shall see that meditation is doable, although for most people it will take a little bit of work to get going with. Whenever we learn some new skill, there is a learning phase. These days people don't think twice about spending hours and hours either learning how to use a new smart phone or app or computer game, but they lack this same enthusiasm, when it comes to learning how to meditate. I assure you that if you spend twenty minutes a day, every day, for a month that you will be able to meditate! -Less mental stress -Worrying less -Increased calmness -Feeling more grounded and in the now! -Feeling happier about yourself and who you are! -Improved relationship with God -Sleeping better -Improved mental performance -Better physical health -Increased Longevity -More self - knowledge In this book you will learn all about the basics of meditation. Chapter One - Will give you a theoretical background to meditation Chapter Two - Outlines the basics of getting started with meditation Chapter Three - Will help you learn how to relax into meditation which...



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