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## Meditation: Beginners Introduction to Mindfulness: Meditation for Beginners (Paperback)

By Anastasia Ratajkowski

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Modern society presses hectic demands of modern life - people feel stressed and overworked more often than not. It feels like there s not enough time in the day to de-stress and get everything done, be it at work, at home or in any other area of our lives. Our stress and fatigue make us unhappy. It makes us frustrated and act in a manner inconsistent with our true selves, impacting our health, our relationships, our success. We don t feel as though we have time to stop even for a second to think and focus; we feel as though stopping will inhibit our success or prevent our productivity. But meditation is the answer; meditation gives you more time, it gives you peace and focus, it calms your mind. Even the simplest 10-15 minute breathing meditation can help you find your inner peace, calm your mind and relieve you from all stress that has built up through your day. By training in meditation, we create an inner space and clarity that enables us to control our minds This book includes: -...



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