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The New Age Bundle: The Meditation and Reiki Box Set

By Lewis Haas

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Transform Your Life with the Holistic Qualities of Reiki Meditation Get the Two Most Powerful Books on Meditation and Reiki Learning how to meditate and developing a regular meditation practice does not have to be difficult. Meditation can seem difficult at first and learning how to take control of your mind can be a challenge. However, meditating for just minutes a day can help you significantly reduce stress, improve your physical and mental health, maximize your ability to focus and increase productivity. Buddhism teaches that taking control of your mind through meditation is the only real antidote to stress, anxiety and depression. Scientific studies have validated this and offer proof that meditation can change brain chemistry and alter brain waves. Don't worry if your meditation efforts have been frustrating. How to Meditate will help you overcome the common obstacles to developing a long-term meditation habit, even if you are a beginner. With practice, eventually your ability to meditate becomes easier, and your meditation routine becomes the most refreshing and life-giving part of your day....



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