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Soul Centered: Transform Your Life in 8 Weeks with Meditation

By Sarah McLean

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Soul Centered: Transform Your Life in 8 Weeks with Meditation, Sarah McLean, Soul-Centered presents a contemporary, mainstream view of meditation in an 8-week program that delivers time-tested techniques to cultivate an effective daily meditation practice. Inspired by and based on Sarah McLean's 20-plus year spiritual journey, the book begins with insights into the five essentials necessary for successful meditation. Each of the 8 weeks that follows explores a variety of meditation practices thoroughly supported by research, insights, stories and exercises. The theme of each week reflects a benefit derived from meditation: Awareness, Peace, Freedom, Compassion, Intimacy, Authenticity, Receptivity and Nourishment. This easy to follow program inspires you to confidently practice meditation and develop a new perspective. In the process, you'll become more self-aware, more peaceful, and more compassionate: a way of life that can truly be called soul-centered. 'Sarah McLean weaves an inspiring exploration of the essentials of meditation, giving first-time meditators all the tools they will ever need to explore the potential of their own awareness.' Debbie Ford, New York Times best-selling author of The Dark Side of the Light Chasers 'Soul-Centered is a perfect blend of scientific fact, spiritual...



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Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

-- **Tania Cormier**

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i recommended this publication to understand.

-- **Clinton Johns DDS**