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Instant Meditation: How to Meditate Instantly! (Paperback)

By The Instant-Series

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Instant-Series Presents Instant Meditation How to Meditate Instantly! Do you want to be more successful? Then the question becomes. .what do successful people have in common? They all know how to stay calm no matter what, and are in control of their thoughts and emotions.which is not easy to do in a world that can be a very stressful, turbulent place with many people overworked and have lots of responsibilities to take care of, especially true for those on top in a fast-pace, competitive world? Want to know what that secret weapon is to stay calm and have self-control mastery over your mind and body? It s called meditation. Surely, you have heard of it. but why is meditation so important? Well, do you want to always have that sense of calmness, peace, and assurance, or diminish stress, anxiety, and pain for better health? Here are some profound benefits of meditation: Develop clarity and focus to get things done. Awaken your creativity and latent potential. Receive inner guidance to make better decisions. Rise above the struggles life...



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