



The Smart Easy Guide to Meditation: Lessons, Techniques Exercises to Promote Happiness Relaxation and Improve Anxiety Stress Management Prevention

By Swami Bhajan

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress and anxiety, happiness and health go hand in hand. When we carry stress and anxiety, we re also much more likely to get and stay sick. stress and anxiety related conditions like high blood pressure and migraines are more than just a pain; they can seriously reduce your quality of life and your overall happiness. The pressure of being sick can add to the stress and anxiety that s already overwhelming you, especially if you have to miss work. Before long, you re stressing out about the stress and anxiety that s making you sick in the first place, your happiness is down and your health is not improving. That s why the first words out of the doctor s mouth are often try to relax. Historically, this has meant taking a vacation. But these days, the next thing the doctor says may be new to you: try meditation. It has been shown to be one of the most effective anxiety and stress management and prevention techniques. Meditation is the art of relaxing. Easy to learn and...



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