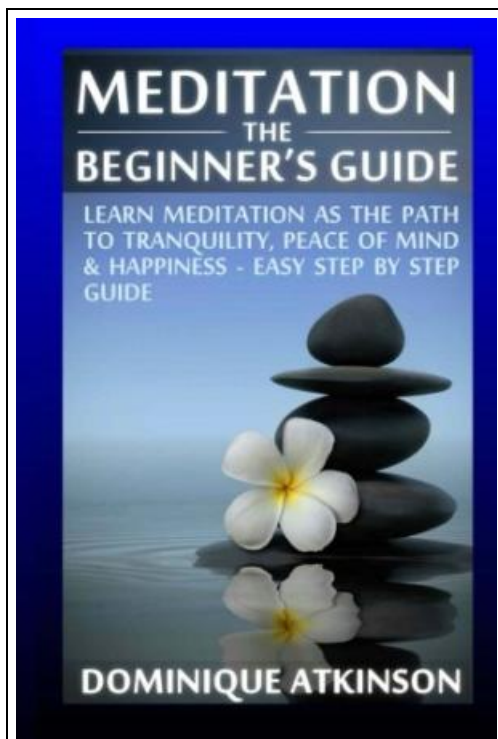


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover The Secrets of Meditation in this Amazing Book !! Inside you will Find a Detailed Description of the Different Meditation Techniques and a Step by Step Guide to Put them into Practice! Welcome to the amazing world of Meditation! As many of you know from my other books, this has been a passion of mine for more than 20 years. Meditation is becoming more and more popular as the undeniable results are being noticed throughout our western society. I ve been blessed to have had incredible teacher s that have guided me in my practice, and I m thrilled that you will allow me to help you learn the art of meditation. The body of knowledge around this subject is so extensive that I have tried to compress hundreds of lessons and teachings into this easy to read book. You will find different meditation techniques, from Movement Guided Meditation, to Transcendental Meditation. You will find detailed step by step instructions to increase your chances of success with whichever method you choose. Remember that there is no right or wrong way to meditate. The success is in the practice, not the outcome. Having said that, if you find that a certain meditation practice does not seem to be doing much for you, feel free to choose another one until you find your path to enlightenment and inner peace. Whatever meditation practice you choose, you will surely find yourself with greater health, a calmer mind and a more peaceful spirit. Ultimately, meditating will help you balance your mind, body and spirit, helping you connect to your spirituality and give you a higher sense of self. It is an excellent tool to...



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