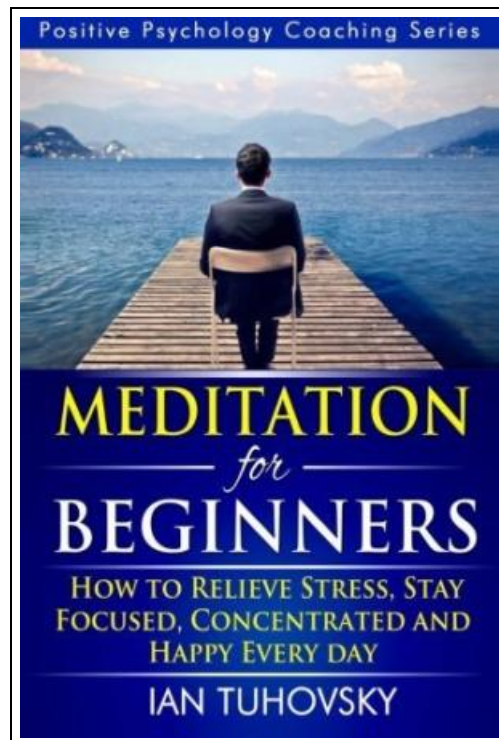


Meditation for Beginners: How to Meditate (as an Ordinary Person!) to Relieve Stress, Keep Calm and Be Successful



Filesize: 3.81 MB

Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

MEDITATION FOR BEGINNERS: HOW TO MEDITATE (AS AN ORDINARY PERSON!) TO RELIEVE STRESS, KEEP CALM AND BE SUCCESSFUL



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 218 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation is not only about crystals, hypnotic folk music, and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going ommmmm. It is not a club full of yoga masters, Shaolin monks, hippies, and new-agers. It is super practical and universal practice that can improve your overall brain performance and happiness! -Looking to be truly happy. not just fake smiles anymore? -Sick of being held up and helpless, a victim of terrible circumstance? -Do you really want to be a slave to your emotions anymore? -Are you so depressed and negative that no one really enjoys spending time with you? Well, I was not necessarily talking to you, but if it speaks to you, you have picked up the right book! Most People Walk Through Their Life In a Walking Daze And I was too. I was constantly fighting everything going on in my life; with my mind. Day to day stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work, were enough to drain me. My boss, with his long nose hair, breathing down my neck about my productivity level was enough to deplete a person every day. What do I do? What will happen next? What if, what if, what if.? I could not even enjoy a second of my day because I was lost in worry and stress over what was going to happen next and what I could do to maybe control it. In this book you will find techniques to step out of your thinking and allow your mind...



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