



## Luminous Mind: The Essential Guide to Meditation and Mind Fitness (Paperback)

By Joel Levey, Michael Levey

Conari Press,U.S., United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. The definitive mental fitness manual, Luminous Mind offers a unique and uncomplicated process for engaging fully in life, feeding your soul, and releasing your mind and spirit from the bonds of stress and worry. Stressed out and self-medicating with stimulants and cable TV is the norm in today s society. The only solution, aside from retreating to a mountaintop, is to harness the power of your mind and breath through meditation. In this concise and clear guidebook, Joel and Michele Levey, the authors of The Fine Arts of Relaxation and A Moment to Relax, teach the same techniques for meditation, focus, and anxiety relief they have taught to Navy Seals, the United States Army, and countless business leaders around the world. In what is truly an introduction to personal mastery, the Leveys demystify this spiritual practice and provide a complete overview of every kind of meditation, condensing their lifetime of learning into this remarkably useful book.



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