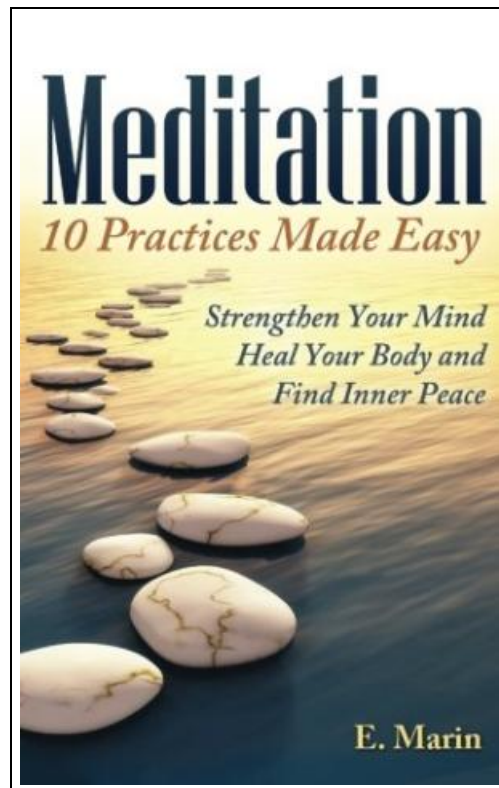


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Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever been curious about the practice of meditation, but afraid you don't have the expert focus or years of experience needed to follow the ancient tradition? Contrary to popular belief, these are only misconceptions. Practicing meditation can be mastered by practically anyone. You have the ability to become happier, healthier, smarter, more successful, and more spiritually connected through meditation sessions as short as five minutes per day. In this book, you will be introduced to the history, formal practice, and health benefits of each of ten of the most widely practiced and established meditation techniques in the world. The amazing benefits of the practices selected for this book have been recently investigated and validated by some of the most prestigious universities in the world. Beginners and more advanced meditators alike will benefit from this book. Whether you have no experience with meditation and are looking to start fresh, or you are seeking new techniques to add to your already established practice, this book will walk you through proper mantra execution, correct posture and breathing techniques, as well as suggested meditation spaces and times. Through the easy to understand, straightforward guidelines contained in this book, you will learn to develop your attention, memory, and creativity, along with many other valuable skills. Begin your journey to a healthier state of mind, body and soul through one of the ten meditation techniques explained in this book. Mindfulness Meditation, Transcendental Meditation, Binaural Beats, Tai Chi, Christian Meditation, Zen Meditation, Compassion Meditation, Kirtan Kriya, Samatha/Shamatha Meditation, Insight (Vipassana) Meditation.



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