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Seven Secrets to Stop Interruptions in Meditation: How to Concentrate and Focus on Your Meditation and Deal with Distractions (Paperback)

By Jerome Freedman Ph D

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Most people who hear about meditation either do not take up a meditation practice or abandon the meditation practice because they get interrupted and distracted. They get interrupted by thoughts, feelings, emotions, plans, images, bodily sensations, dreams, sleep, and many other mental, emotional and physical phenomena and just give up. This book will guide you in such a way that interruptions and distractions won't deter you from meditating. You will learn that these are normal occurrences for even the long time practitioners. This book is designed with you, the reader in mind. I know how difficult it is to not do anything but sit there! I know how the mind can wander from here to there like the flow of a never ending river. But that's just the point! We know our minds flit from one thing to another, seemingly without purpose. It happens because we are anxious or worried or fearful or stressed out or overweight or . (You fill in the blank!) With meditation, you can learn to observe the river of your thoughts, feelings, emotions,...



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