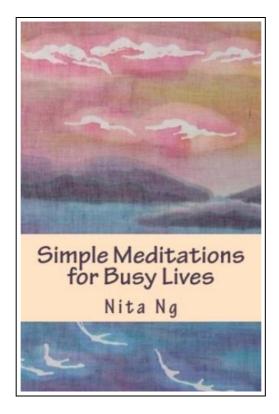
Simple Meditations for Busy Lives (Paperback)



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SIMPLE MEDITATIONS FOR BUSY LIVES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Large Print. Language: English. Brand New Book ****** Print on Demand ******. Simple meditation for busy people on-the-go If you are serious about meditation, then here are 20 short and simple meditations conveniently packed into this light, easy-to-carry book so that one can take it everywhere, on-the-go. Reading this right now, perhaps you are now where I was, ready to start looking for different ways to meditate and contemplate. Finding what is right for you by trying different ways. I was there too and now I trust that you too will find your life s purpose through one or more of the simple yet powerful meditation methods I ve shared in this book. It s not about which religion you practice but it is about the variety of meditations that you can apply in your personal and spiritual journey, because this book is about embracing the methods that comes from both the East and the West, different faith traditions, and mindful that different techniques would appeal to different individuals. Nita has used and experienced all of them personally, and in sharing them, has touched the lives of many others who attend her workshops and retreats around the world. Surely you would like to enjoy such similar experiences, would you not?.



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