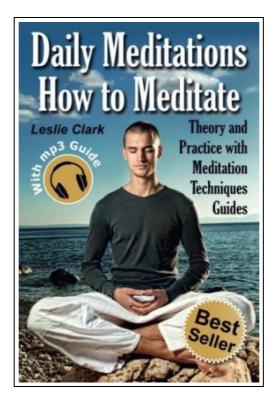
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand *****. If you are constantly stressed out, tired every day, have a lack of concentration, neighbour s dog is barking at you then this book is for you, my friend!GET THIS BOOK FOR 14.99\$. Regularly priced at \$24.99 The Daily Meditation: How to meditate guide that will give your life-long peace and happiness. A regular meditation habit can make you healthier, happier and more successful than ever! This book will teach you exactly how to calm your mind, release tension and let go in a way that will change your life forever! Publisher s Note This expanded 2nd edition of Daily Meditation has FRESH NEW CONTENT to better meditation techniques and ways for you to live a life of peace. Also, we added a chapter on how to use Mudras for Meditation (8 Powerful Mudras). This book is Meditation for Beginners guide, it teaches you: Meditation Techniques (Part #2 - Practice)Limiting Stress FactorsBenefits of Meditation for the Body and MindHow to meditate in a way that works for youHow to provoke a meditative stateHow to create an ongoing state of inner peace and happinessHow to find time to meditateHow to Use Mudras for Meditation (including 8 Most Powerful Mudras)Expectations and ExercisesTypes and Elements of MeditationGuided meditationMantra meditationMindfulness meditationBody scan meditationCandle meditationWalking meditationPrayer meditationYoga Nidra Meditation.and much more!Let s Look Inside.This book consists of two parts Part I - Theory and Part II - Practice. The most important part is a PRACTICE. Doesn t matter, how many books we read about meditation. By purchasing this book, you also get 5 guides on...

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