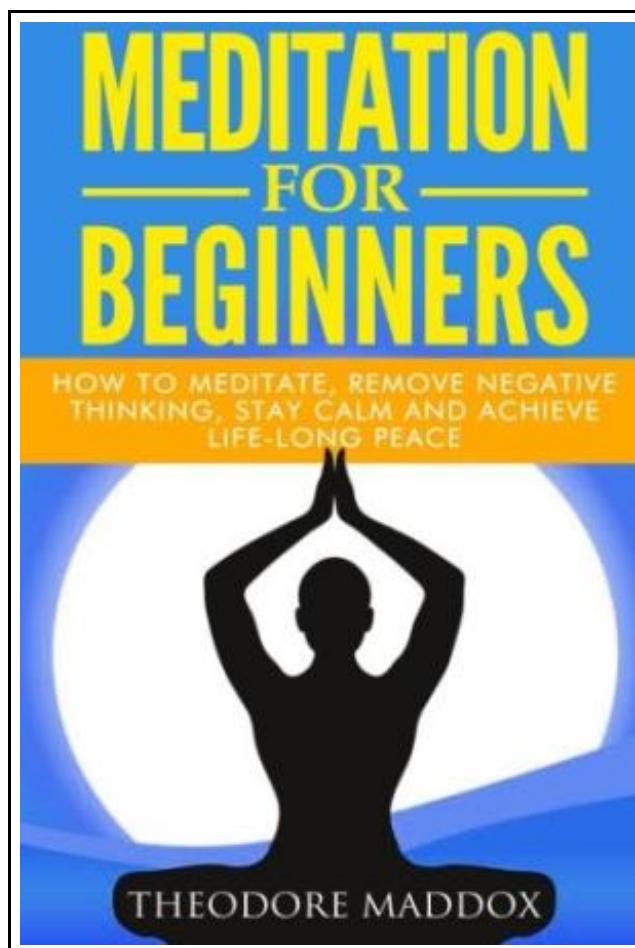


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation For Beginners: How to Meditate, Remove Negative Thinking, Stay Calm And Achieve Life-Long Peace Are you overwhelmed by the stress of daily life? Learn how to improve your life through simple meditation techniques that will enable you to quiet your mind and be a happier, healthier person! Living a healthy, balanced lifestyle is important. Do not let stress overwhelm you. Meditate instead of medicating and find inner peace. Medication will only serve as a Band-Aid solution to your personal issues, while MEDITATION on the other hand, will enable you to search within yourself and find the root of your problems. So many people complain about how stressed out and miserable they are yet they take no action to fix their stress. MOST PEOPLE DON T MEDITATE; DON T BE ONE OF THOSE PEOPLE. As a long time psychiatrist, I can tell you with confidence that EVERYONE can benefit from daily meditation. People have a tendency to wind themselves up so tightly that they eventually snap. Meditation allows you to slowly unwind yourself over time and it shows you how to soothe your mind so that you never wind yourself up too tightly ever again. Being able to tune the world out and enter a deep realm of self-reflection is a vital skill to have if you want to find inner peace. To be able to clear your mind and focus on positivity is an amazing thing to learn. I remember my life before I started meditating and the main thing that I lacked was a sense of direction and clarity. I now meditate twice a day and it s completely revolutionized my life. In the beginning, making...



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