



## 28 Day Meditation Challenge: Discover How 10 Minutes a Day Can Change Your Life.

By Clare Josa

Beyond Alchemy Publishing. Paperback. Condition: New. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. How to meditate - for beginners. Learning how to meditate is rarely enough. Discovering how to create the daily routine is what makes the difference between a nice idea and a life-changing meditation and mindfulness habit. That's the whole point of the 28 Day Meditation Challenge. In this unique meditation book, Clare Josa demystifies ancient meditation and mindfulness techniques, combining them with an inspired blend of modern psychology strategies, to make it easy for you to enjoy meditation and its benefits as part of your daily life. Each of the 28 days of this meditation course brings you a motivational article, guiding you through meditation and mindfulness techniques to help you build strong foundations for your practice, whilst avoiding the mistakes and pitfalls that can otherwise cause students to give up. The book includes four 10 minute guided meditations (a breath meditation, a thought acceptance meditation, a mindfulness meditation and a mantra meditation) and a bonus 20 minute deep relaxation (MP3s), to make creating your new habit even easier. Clare shares with you the insider secrets for how to: find time to meditate, no matter how busy...



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