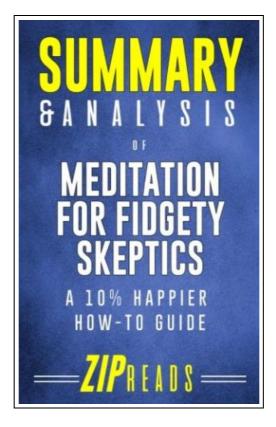
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# SUMMARY ANALYSIS OF MEDITATION FOR FIDGETY SKEPTICS: A 10 HAPPIER HOW-TO BOOK A GUIDE TO THE BOOK BY DAN HARRIS (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you d like to purchase the original book, please paste this link in your browser: //amzn.to/2nQ8ZpE A quirky reflection on the art of deep and meaningful reflection, Harris provides a genuinely heartfelt call to the mindfulness form of meditation. Pushing the benefits of the practice, the motley crew behind 10 Happiness takes an insightful trip into the monkey mind, emerging somewhere between a cushion, an orange bus and enlightenment. Don t miss out on this ZIP Reads summary to learn how to make meditation work for you--no matter how skeptical you may be! Click Buy Now with 1-Click to own your copy today! What does this ZIP Reads Summary Include? A synopsis of the original book Key takeaways that distill the most important points Key themes to help you understand the overarching benefits and common roadblocks In-depth Editorial Review Short bio of the original author About the Original Book: Mindfulness is one form of meditation becoming more prominent in Western society, especially since it is presented as a secular tool for life, not a spiritual dilemma. A passionate advocate after mindfulness practice transformed his life, Dan Harris is set to convince even the staunchest skeptic of its benefits and application in daily life. Together with meditation teacher, Jeffrey Warren, Dan sets off on a road trip to cement the philosophy of 10 Happier: Meditation for Fidgety Skeptics - the application developed to teach simple, practical meditation to anyone who wants to try it. Along the way he discovers more than he bargained for and welcomes Robert Johnson to the party. DISCLAIMER: This book is...

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