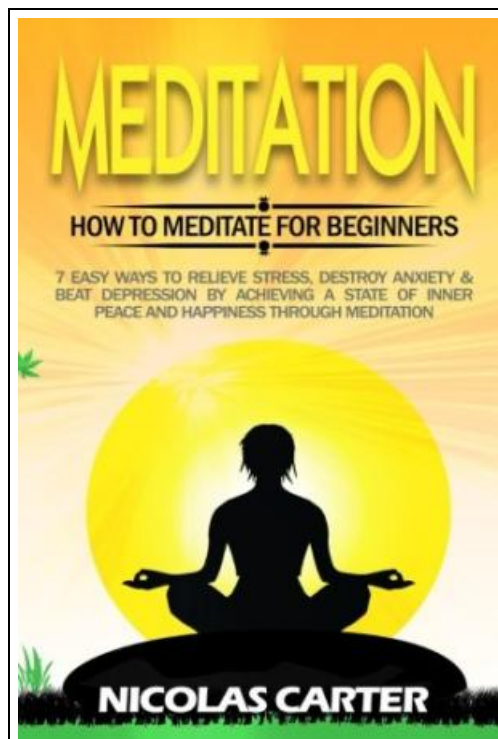


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Meditate for Beginners - Learn some of the best meditation methods and techniques that will help you to calm your mind in order to hear the voice of your heart and ultimately become a better version of yourself! There is a lot of misinformation on meditation today and many people don't understand what it really means; most of those who do understand have trouble actually practicing it and they fail to benefit from it. If we take that meditation is a conscious process through which we can calm our hectic minds and relax (though it goes much deeper than that), it can be very hard and even repulsive to try and actually do so successfully. What you have to understand first is that there are many ways to meditate - all for the same purpose - and some ways may be more suitable for you than others. That's why in this book you're going to discover what it really means to meditate, why is it a good idea to incorporate meditation into your everyday life, what are the best ways to start incorporating this life-changing ritual, and how to go about it. You will learn about the 7 amazing meditation methods (so that you can choose the best method for yourself) and how to use them in order to get the maximum benefits. You'll also learn what those benefits are and how meditation helps you. For some of these you've probably heard about before, while other methods are a little bit less known and somewhat unconventional. In each case, this book gives you a detailed description and explains how they should be performed. It uses a practical approach...



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