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Reviews

Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication. (Ike Fadel)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meditation has been around for thousands and thousands of years. And today, it s more popular than ever. Every day millions of people are constantly becoming more self-aware through mindful meditation. Simple focusing and various chakra meditations can help put you in a relaxed state of mind and can even open a dormant third eye. This 5-in-1-Bundle series includes the following 5 books: 1. MEDITATION FOR BEGINNERS: Ultimate Guide to Relieve Stress, Depression and Anxiety 2. MINDFULNESS FOR BEGINNERS: Ultimate Guide to Achieve Happiness by Eliminating Stress, Anxiety and Depression 3. STRESS MANAGEMENT FOR BEGINNERS: Guided Meditation Techniques to Reduce Stress, Increase Happiness, Improve your Health, Body, and Mind 4. MINDFULNESS MEDITATION FOR SELF-HEALING: Beginner s Meditation Guide to Eliminate Stress, Anxiety and Depression, and Find Inner Peace and Happiness 5. YOU RE ALL YOU NEED: Real Happiness Through The Power Of Meditation (Eliminate Stress, Anxiety Depression, and Improve Your Mind, Body Spirit) Key Concepts Discussed in This Book Bundle: What is meditation?The basics of meditationWhy mindfulness meditation is so powerfulStrategies to use in 5 minutes or lessDifferent breathing meditation techniquesWhat is stress? How to remove stress, anxiety, and depression from your lifeHow to work through deeper troublesThe different states of consciousnessMaintaining a mindfulness practice 24/7Connecting with your higher self Trusting your intuitionGain wisdom and clarity from your divine selfClear your body of negative energyFeel more relaxed and centeredUse chakra meditation for spiritual healingTrain your mind to invest in positive thoughtsKeys to success And so much more! There is so much information in this book that will help you to discover things about yourself that you never knew. You will start seeing things in a different light, and your quality of life will.

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