



Meditation: The Complete Guide To Meditation - Health, Mental Balance, Vitality: Learn: How To Relax, How To Meditate, How To Relieve Stress, And ... Life Transformation Series) (Volume 1)

Broderick Johnson

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The Complete Guide to MEDITATION contains all the information you need to get to know the fascinating world of meditation. Designed for a beginner, it guides you through all the important concepts, and contains simple, practical techniques For Mental Balance, Health and Vitality. These practices are perfectly safe and natural, and anyone can use them. The book contains many references to world cultures and different kinds of meditation, with diverse roots and fascinating insights. You will learn about meditation in World Religions, in science, and in mystical writings. For more advanced students, as well as complete beginners, there is a great wealth of information on the benefits and practical applications of meditation. A simple and practical guide to your first attempt at meditation will guide you each step of the way. You will learn about different kinds of mediation, such as breathing, mantra and object meditation, and you will find out which one is most suitable for you. The book also looks at the nature of the mind, and how meditation can influence, sharpen, and free our minds to enhance our own natural inclinations and abilities. This book is a must read for anyone curious about the art and science of the mind. Take your first steps to mental freedom today.

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