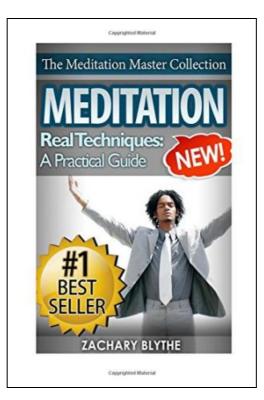
Meditation: Real Techniques to Relieve Stress, Improve Sleep and Achieve Happiness



Filesize: 5.49 MB

Reviews

Merely no words to clarify. I could comprehended almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book. (Lori Terry)

MEDITATION: REAL TECHNIQUES TO RELIEVE STRESS, IMPROVE SLEEP AND ACHIEVE HAPPINESS



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You can t sleep. You are irritable. You feel constantly worried. Not everyone has the time to take a holiday or yoga class, but you can still relieve the stress of the everyday world in as little as five minutes a day. We II show you how. Renowned American author and psychotherapist Richard Carlson once referred to stress as nothing more than a socially acceptable form of mental illness. Illnesses need to be treated using documented, proven techniques and stress is no exception. Unfortunately, many of us find the idea of taking an hour out of our day to relax most stressful than rewarding. Fortunately, there are lots of small steps that you can take, on your own, in as little as five minutes a day - to reduce the physical and mental impacts resulting from the pressures of everyday life. We want to show you how, step by step, without trying to brainwash you or force you to totally change your lifestyle or personality. Now you ve got no excuse! In this book you will learn practical, real world skills that will enable you to clear your mind and deal with the stress of everyday life in a healthy and mindful way. Improve the quality and duration of your sleep and become a happier, more fulfilled person using techniques that have been tried and tested by regular people just like you. We will provide you with the following key resources: The MUST KNOW fundamentals and elements of meditation How to begin Frequently Asked Questions Our exclusive cheat sheets on practical implementation advice Checklist on problems you might encounter and much much more. We are...

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