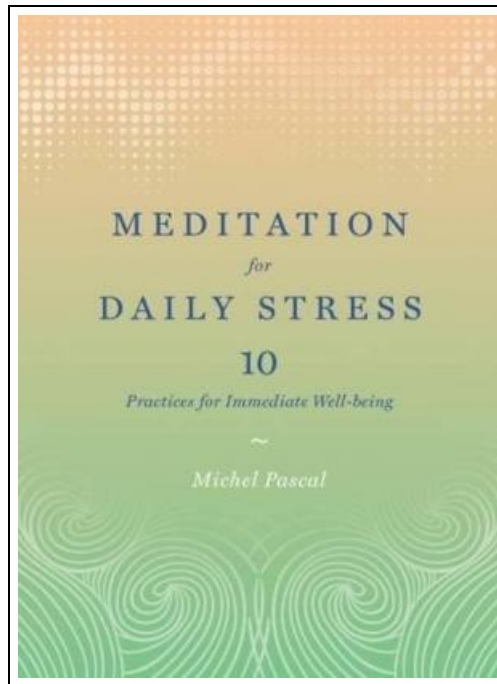


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Abrams, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Drawing on his experience living at the Kopan Monastery in Nepal, meditation teacher Michel Pascal shares his new and easy method of meditating in the moment to calm the mind and break the cycle of stress addiction. Meditation for Daily Stress: 10 Practices for Immediate Well-being is more than just an exploration of why we experience stress; it is a guide to a revolutionary meditative technique for finding peace, quiet, mindfulness and centeredness in our daily lives. A true authority in meditation, Michel Pascal introduces readers to the power of meditation as a coping mechanism for daily stress, anxiety and depression. He then prescribes a series of visualisation and breathing practices and techniques that can be used throughout the day - whether in the workplace, while commuting, or at home - to unplug in the moment, before stress takes hold. This approachable method includes ten easy practices that you can do for even a minute at a time, wherever you are. In this guide, you will learn how to:-Meditate Like the Horizon to unplug your brain when it is running all the time.-Meditate Like a Dolphin to discover your inner peace in high-stress moments. Meditate Like a Mountain to feel more grounded when your mood is up and down.-Meditate Like a Wave to help you deal with difficult people and difficult interactions.-Meditate Like a Kiss to feel less stress in a romantic relationship. Exploring both spirituality and physicality, mind and body, Meditation for Daily Stress is an essential read for busy people looking for an approach to meditation that will allow them to start a daily practice right away in order to live a healthier, happier life.



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