



Meditation for Beginners: How to Meditate to Achieve Inner Balance, Peace, and Happiness (Paperback)

By Grace Bell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Meditation for Beginners Meditation is a practice that offers tremendous benefits to anyone willing to try it. Meditation affects you physically, by impacting your breathing, blood pressure, and heart rate, as well as mentally, by relieving stress and allowing your brain to move past the mental clutter and take hold of what really matters in your life. Everyone meditates for different reasons. Whether you are looking for a great way to relax, or you want an improved focus with day-to-day tasks, meditation offers a very useful tool to achieve the results. This book has everything you need to know to get started on meditation. By reading this book, you ll learn: - Different types of meditation - Easy steps to incorporate meditation into daily life - Meditation techniques and exercises - How to begin Zen meditation - Meditation tips for beginners and much more! Turning to meditation doesn t mean giving up your way of life or your worldly possessions. It simply serves as a mean to improve who you are and what you do on this planet. You ll walk towards...



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