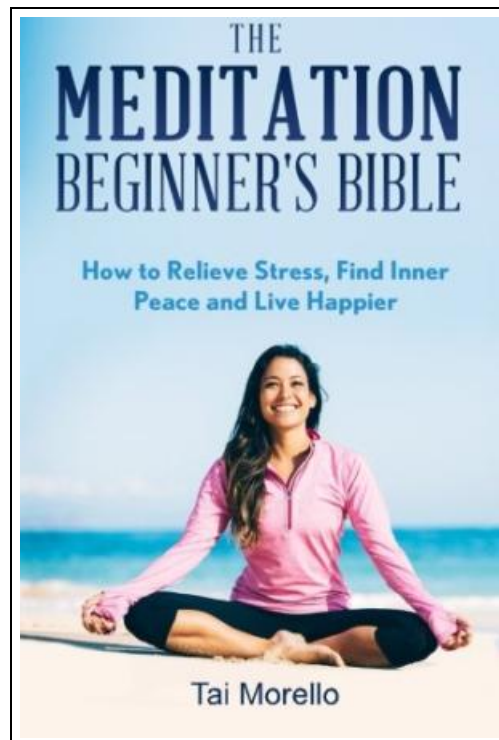


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Reviews

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THE MEDITATION BEGINNER S BIBLE: HOW TO MEDITATE TO RELIEVE STRESS, FIND INNER PEACE AND LIVE HAPPIER (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discover why Oprah Winfrey, Hugh Jackman, Russell Simons and Arianna Huffington all set aside time off their busy schedules to engage in the life-changing practice of Meditation. Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you ve come to the right place. With The Meditation Beginner s Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside meditation can seem like an esoteric, mystical endeavor exclusively reserved for enlightened monks and spiritual adepts. However, this could not be further from the truth. Meditation is not only accessible to anyone, it is extremely easy to learn and the benefits are only a few minutes away. In fact, a study by Dr Fadel Zeidan at Wake Forest Medical Center has shown only 80 minutes of meditation to be more effective for pain relief than even morphine. Meditation changes the structure of your brain through a process called neuroplasticity. Theses changes in brain structure explain why regular meditators report a myriad of improvements in their lives. When you practice meditation, you gain control over your mind, you break the cycle of seeking stimulation from the external world and you learn to draw your state from within. Meditation is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life - your body, relationships, health and even your career. With...

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