

Meditation For Beginners: Techniques For Awareness, Mindfulness & Relaxation - Stephanie Clement

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Some people think meditation is something that takes years to learn. The truth is, it's a very natural state of awareness that can be developed in just a few minutes each day. The benefits of meditation are infinite! Develop concentration Learn to focus your attention Relax your body and mind quickly and easily Release fears Increase your health and wellness Exchange old habits for new ones Identify personal goals and aspirations Discover which meditation method works best for you Author: Clement, Stephanie Publisher: Llewellyn Publications Illustration: N Language: ENG Title: Meditation for Beginners: Techniques for Awareness, Mindfulness & Relaxation Pages: 00264 (Encrypted EPUB) On Sale: 2012-09-01 SKU-13/ISBN: 9780738702032 Category: Body, Mind & Spirit : Meditation Category: Foreign Language Study : Spanish Category: Self-Help : Meditation

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