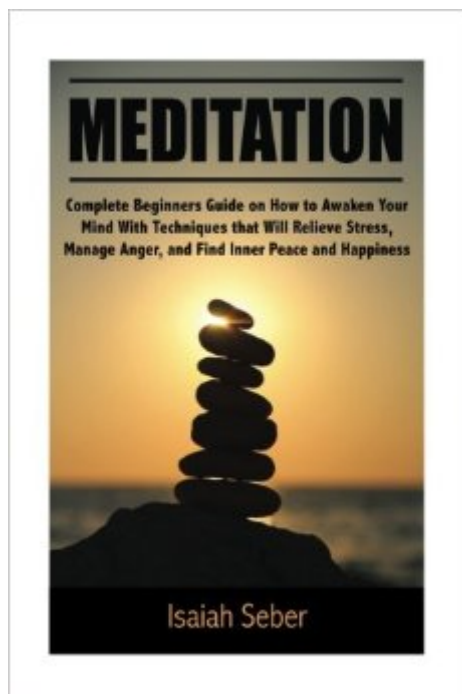


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# Meditation: Complete Beginners Guide On How To Awaken Your Mind With Techniques That Will Relieve Stress, Manage Anger, And Find Inner Peace And ... Your Fear And Anxiety With Daily Meditation)



## Synopsis

• Meditation is not just for relaxation; its primary purpose is to develop the capacity to respond skillfully and gracefully to life's difficulties as well as its joys. • -Shyalpa Tenzin Rinpoche

Is stress getting you down? Are you grumpy at work, with family and friends? Stop. Right. Now. Reboot your life with *Meditation*, the no-nonsense, easy-reference book that details instructions on how to perform four kinds of meditation. Inform yourself of the benefits of meditation, then re-invent yourself by trying one, or all four techniques. You're bound to find at least one that suits your needs! As a bonus, there are two on-the-fly techniques that can be used either as you start your day, or for those emergencies when you're stressed out. In reading this book, you will learn how to:

- 1) welcome a little sunshine into your mind by unlocking the secrets to enhance your self-esteem, confidence and boost your motivation.
- 2) rekindle the spark in your relationship with yourself, your colleagues and loved ones.
- 3) tame your anger, impatience and other negative emotions.
- 4) unleash your creativity again while discovering a new path to inner peace.
- 5) spark improvement in your health by slowing down your cardiovascular system.
- 6) knock anxiety and depression out of your life.
- 7) melt away negative chatter in the mind and tension in the body.
- 8) stimulate the normalization of stress hormones.
- 9) recognize that your emotions and thoughts are fleeting, and that you have the choice to engage with them or not... Whatever the reason for your trying meditation, there is something in it for everyone. These techniques are sure to add to the quality of not only your life, but to the lives of those whose paths you cross.

## Book Information

Series: Finding Mindfulness and Conquer Your Fear and Anxiety With Daily Meditation

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## Customer Reviews

This book is a great guide for anyone who wants to get into meditation. It explains what meditation is and how best to do it. It describes several methods, such as breathing and sound meditations, fixed point meditations, using mantras and goal-oriented meditations. Also included are a few handy quick techniques to refocus when you're on a busy schedule. This is a great book on meditation for beginners that will assist and instruct anyone on how to do this popular relaxing technique.

I do not like books of this genre, but this struck me simply! Friends, really, very, very well set out. It explains what meditation is and how best to do it. It describes several methods, such as breathing and sound meditations, fixed point meditations, using mantras and goal-oriented meditations. Also included are a few handy quick techniques to refocus when you're on a busy schedule. The information and tips provided are really necessary and helpful. Friends read, develop, and this book will help you. I advise! Thanks

This book is great. I love that it helps me relax and and help me learn how to meditate without any interruption. I also learn what is the definition of meditation and the power of it. You'll come to learn there's so many different types and forms of meditation. But, if you put meditation in your daily routine, and make it part of your lifestyle you will see the results. The KEY: practice meditation everyday.

I would recommend this to any individual who might want to explore the act of meditation as the substance is not to over the top and all the more essentially the book permits you, after every section, to practice what you read with the direction of an expert. This was a pleasant, fundamental book that appears like a magnificent groundwork for tenderfoots who need to figure out how to meditation.

For someone who knew nothing about mindfulness, this book was absolutely wonderful. It was simple and short. Each chapter focuses on a different meditation or skill to learn for your mindfulness practice, and made everything easy for me to relate to. This book taught me that meditation is a journey and each day will be different--but just reading about it has already helped!

I have dependably been keen on things of an otherworldly nature and this is a decent fledglings manual for Meditation. This is a basic little book with bunches of activities for contemplation. It is straightforward and gives clarifications on various distinctive contemplation systems. This will be a

book I will allude to regularly as I keep on exploring meditation.

The writing is beautiful. This book provided me with multiple layers of techniques for all sorts of meditation and certainly a book to reference for years to come. I loved the spiritual maturity of the author, demonstrated by his respect for different beliefs and reminders to the reader to honor their individualities. It completely changed the way I perceived meditation - and started doing it.

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Unhappy, Stressed) Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (FREE Bonus Included) (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment)

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