



A Little Bit of Meditation: An Introduction to Mindfulness (Hardback)

By Amy Leigh Mercree

Sterling Publishing Co Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. An easy-to-use, informative introduction to one of today's most popular spiritual practices: meditation. Meditation is a proven method of finding calm and coping with our crazy world. Amy Leigh Mercree explores the history of this ancient practice as well as its practical applications-including decreased anxiety and a more contented life. In addition to outlining the physical, emotional, mental, and spiritual ramifications of meditating, she includes a selection of easy-to-follow guided meditations.



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