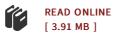




Meditation for Wellbeing: The Complete Beginner s Course (Paperback)

By Christine Erickson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. You Deserve It! Mindfulness and meditation is for you. You dont have to own ten pairs of yoga pants to reap the benefits of meditation. Meditation is for you. Whether you re a stressed out mom, a workaholic or someone who just knows they should learn to deal with stress a little better, meditation is for you. We all need time for ourselves where YOU are the most important person. Time where your thoughts and emotions matter most. That is what meditation and this course is all about. It dives into the why and the how of how you can be the person that takes care of YOU. And let s face it, if you re not taking of you, you won t have the energy to take care of someone else either! We know you love to give of yourself, but it is time you take something back starting right now. Unless you do, others will suffer the consequences of you being stressed out and angry for no apparent reason. What they don't understand is that it...



Reviews

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