



## The Little Book of Meditation: A Guide to Stress-Free Living

By Marina Bear

Snow Lion Graphics / SLG Books. Paperback. Book Condition: new. BRAND NEW, The Little Book of Meditation: A Guide to Stress-Free Living, Marina Bear, This useful guide, written by a noted meditation teacher, offers easy strategies for overcoming stress and finding relaxation in any circumstance. Author Marina Bear presents meditation techniques in an encouraging way, making them accessible and enjoyable. In clear language, she explains the benefits of meditation, supported by recent scientific studies. While the book is aimed at secular readers, it acknowledges the rich tradition of religious meditation and explains some of the words and techniques associated with those traditions. Roger Williams' charming illustrations help make this an ideal gift book.



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