



Meditation for Dummies, 4th Edition (Paperback)

By Stephan Bodian

John Wiley Sons Inc, United States, 2016. Paperback. Condition: New. 4th Revised edition. Language: English . Brand New Book. Take an inward journey for a happier, healthier life Meditation has been used for centuries to reduce stress, increase energy, and enhance overall health and well-being so it s no wonder more and more people in today s fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, Meditation For Dummies is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you re new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you....



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