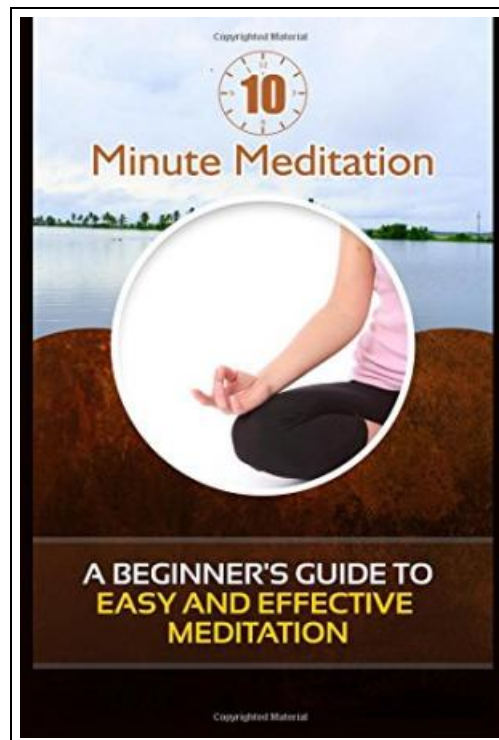


## 10 Minute Meditation: A Beginner's Guide to Easy and Effective Meditation (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you trying to find a necessary peace in your life? Have you ever tried implementing meditation? Meditation is an exercise that creates a connection between your mind and soul. Meditation is a way to realize your inner feelings. This ancient religious technique is much popularized around the world for its relaxing and soothing effect on one s mind. Though meditation serves many great benefits, in general terms it is done to reduce the effect of distraction and to increase the concentration, creating psychological balance in your life. A study has reported in significant reduction in stress and anxiety if meditation is done with proper techniques and guidelines. Meditation is best enjoyed after a period of concentrated practice and experience. As the concentration level increases after every time you practice it you can actually feel deepness of your mind and it gives you close look at your beliefs. A placid and natural place is the best to practice meditation. Meditation works both on sympathetic nervous system and parasympathetic nervous system both. There are myriad types of meditation techniques being followed around the world. Before going further into the benefits you should know what techniques can be more suitable for you and can be practiced more often in a longer run.



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