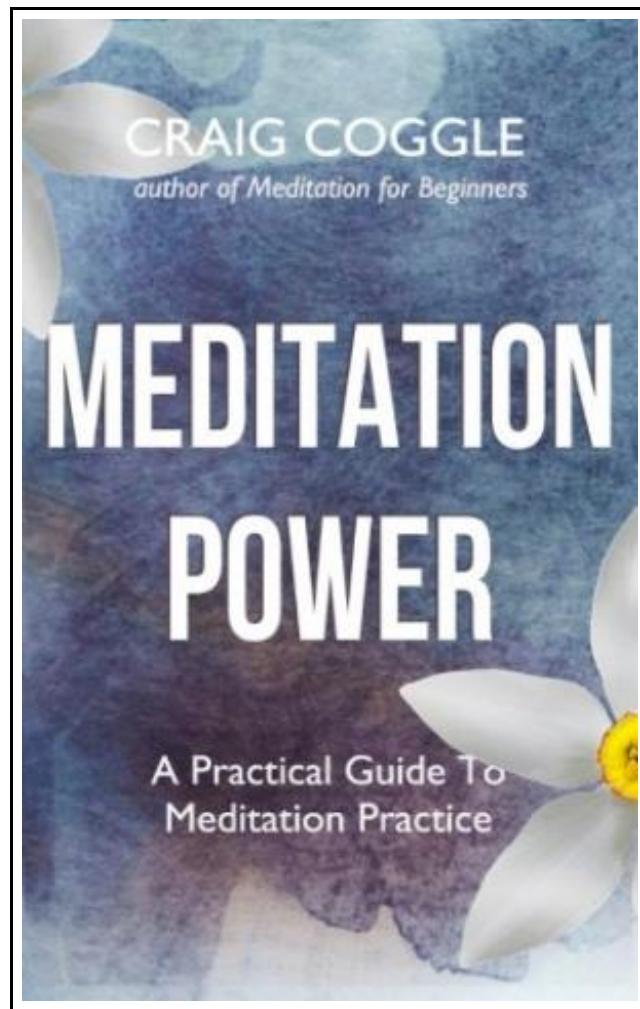


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Practice Meditation Mindfulness Use this clearly written guide to create a powerful meditation practice and start to access the power of meditation and mindfulness. It's widely known that meditation practice can bring positive and powerful benefits to your life but it isn't always clear exactly how to go about starting to meditate at home. There are plenty of books on mindfulness and meditation techniques but very little guidance on starting a personal meditation practice of your own that will work for your lifestyle. Meditation Power takes you through a ten step process for creating your own meditation practice and uses exercises, checklists, and worksheets to help you build the elements of a meditation routine that you can stick to. At the end of this book you will be: - Looking forward to your meditation each day - Finding the motivation to continue your practice - Gaining more clarity in your thinking as your practice deepens - Connecting with your innate creativity and wisdom on a regular basis This book is full of usable content from someone who has spent the past ten years developing and refining his own nourishing meditation practice. You're about to discover how you can do the same! Meditation Power also comes with downloadable worksheets, checklists, and meditation audios to help you all along the way. Full access details are included within the book.

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