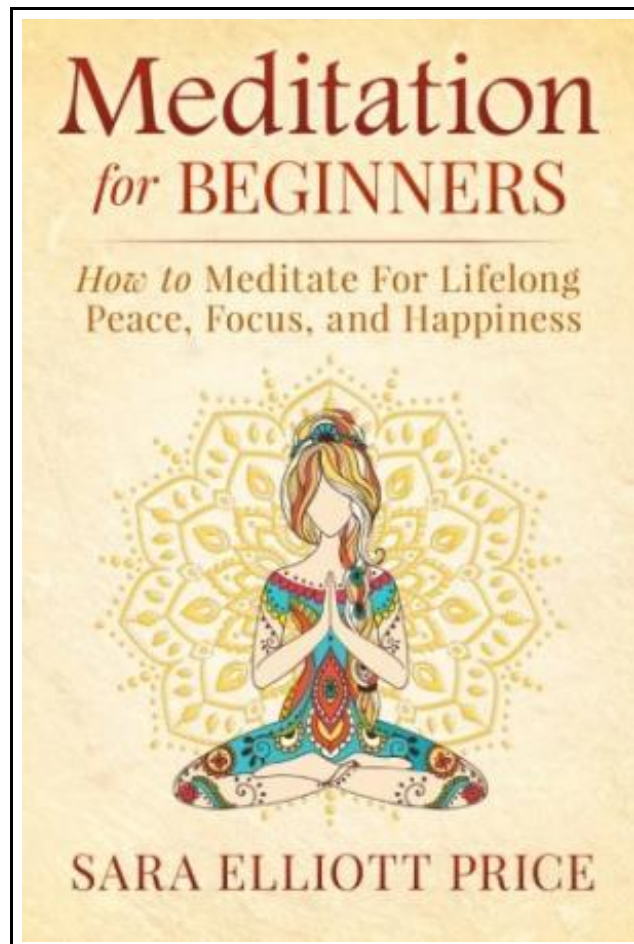


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover Today How Meditation Can Transform Your Life! You can be happier, healthier and have more success in your life by simply creating a meditation habit. In this book I ll show you how quieting your mind and learning to focus can completely change your life! You must have heard people talk about the amazing powers of meditation. You might have met people raving about how meditation transformed their life. You might have even read blogs teaching you how to meditate, but when you tried it you found it incredibly frustrating and not peaceful at all. If that sounds like you, then don t worry because you are not alone--most people feel this way. Meditation is not an easy skill to master. It takes years, if not a lifetime to master this skill. The good news is that you don t have to master it in order to enjoy its benefits. If You Develop The Habit Of Meditating Daily, Even For A Few Minutes, You Can Achieve Wonderful Results In Your Life. Meditation will improve both your physical and mental health, reduce stress, improve your brain power and teach you how to focus your attention on the task at hand, thereby increasing your productivity. I m sure not all successful people meditate but you d be surprised how many of them do some form of meditation. It s an important skill to have for achieving success in life. If you can develop the meditation habit, it will certainly improve your chance of finding success. You should sit in meditation for twenty minutes a day, unless you are too busy. Then you should sit for an...



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