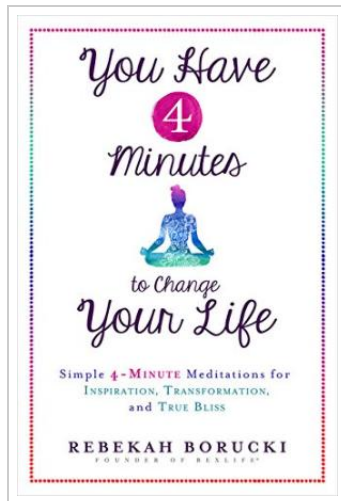




You Have 4 Minutes to Change Your Life: Simple 4-Minute Meditations for Inspiration, Transformation, and True Bliss (Paperback)

By Rebekah Borucki

Hay House Inc, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. I don't have time to meditate! Rebekah Bex Borucki has heard this a lot. A certified yoga and meditation teacher, she's taught hundreds of thousands of people how to create simple yet powerful meditation practices. In fact, as she'll show you in this book, in as little as 4 minutes, you can change your life. After years of suffering from anxiety and depression, both as a child and as an adult, Bex took control of her mental and physical health by establishing a rigorous fitness and yoga routine that quickly evolved into her own regular, homegrown 4-minute daily meditation practice. Bex's 4-minute meditations combine mantras, affirmations, breathing and bodywork techniques, and they're designed so that even the busiest people can fit them into their lives. In this book, Bex guides you through 27 different meditation practices, and shares personal stories that demonstrate how meditation has helped her overcome various challenges. She also answers commonly asked questions like Do my eyes have to stay closed? and What do I do if my body starts to hurt? ; provides technical information about...



READ ONLINE
[2.16 MB]

Reviews

Totally one of the best publication I have got ever go through. It really is packed with knowledge and wisdom I discovered this pdf from my dad and i recommended this book to discover.

-- **Madisyn Kuhlman**

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

-- **Mr. Sigrid Swaniawski PhD**