



Meditation for Beginners: Relieve Stress, Anxiety, Depression and Bring Inner Peace and Happiness in Your Life: Meditation Techniques for Beginners (Paperback)

By Shalu Sharma

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Relieve Stress, Anxiety, Depression and Bring Inner Peace and Happiness This book is not meant to encourage you to practice one specific type of meditation. Instead, you will learn what meditation is in general and the overall benefits you will receive from it. The book talks about some of the various techniques and methods of meditation in case you want to try them out for yourself. What you should take from this book is not just a lesson in meditation, but a guide that will enable you to reduce your own levels of anxiety and change your life into one that is filled with peace and happiness. This book will point you on the right path in achieving just that. The rest will be up to you. What s covered in this meditation book: Introduction to meditation Personal story of my anxiety What is meditation Categories of meditation Why meditate How to sit or lie in a relaxing position How to quieten the mind for mental peace Breathing mediation Guided meditation Candle Staring Mantra meditation Vipassana meditation Metta Meditation Tao meditation...



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