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30-Day Meditation Challenge: Exercises, Resources, and Journaling Prompts for a Better Life (Hardback)

By Emma Silverman, Nicole Stumpf

Skyhorse Publishing, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. In Emma Silverman s newest book, she teams up with her yoga teacher, Nicole Stumpf, to make meditation accessible, interesting, and fun. Exploring meditation traditions from around the world, Silverman and Stumpf invite readers to try thirty different meditations and then record their experiences after the practice. This book combines thousand-year-old meditation traditions with the newer phenomenon of prompted journaling. Studies at Harvard University found that just eight weeks of meditation rebuilds the gray matter of your brain that supports learning and memory. The National Institute of Health has written that meditation increases activity in the parasympathetic nervous system, which is associated with a state of relaxation. A study at the University of Wisconsin in Madison found that mindfulness meditation improves both our mood and the strength of our immune system. There are dozens more scientific and peer-reviewed studies that agree: meditation can change your life for the better. Beginning is often where the greatest challenge lies. This is the book to help you explore what all the meditation buzz is about!.



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Reviews

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).

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