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Meditation paves the road to a calmer, more focused mind; improved concentration; greater creativity;

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and a more energized mental and physical state of being. But finding an approach that works amid all the mumbo-jumbo can be a mind-altering experience in itself. Finally, here is a practical guide, beautifully illustrated, that reveals how to develop a personal program for inner peace. Learn to Meditate presents 23 step-by-step exercises and more than 130 exquisite illustrations that make visualization and meditation wonderfully accessible. David Fontana draws on the worlds diverse traditions including Taoism, Zen, and Tibetan Buddhism for an ideal companion to a lifelong practice.

Describes techniques from a wide variety of traditions, including shamanism, yoga, Taoism, Buddhism, Islam, Christianity, and biofeedback

Meditation balances psychological well being and physical health to promote inner peace. The Meditation Handbook offers a comprehensive overview of both modern and traditional techniques used to arrive at this state of personal harmony. Written in accessible language, this practical guide covers it all: relaxation and dealing with daily stress; attaining greater concentration and awareness; achieving self-discovery and self-acceptance; and spiritual development. A final chapter discusses the nature of enlightenment and the mysteries of life and death. Whether you're just curious or looking to expand your established routine, here you will find the essential details necessary to continue your quest.

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To reach that level of peace required for yoga and meditation, you'll need to practice. You need to learn how to clear your mind and let calm take over. Luckily, you have plenty of resources that you can use. This set of three books don't just tackle yoga, they also come with illustrations of yoga poses.

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Introduces the concept of meditation, offers advice on meditating, and describes various types of meditation and how they can influence one's life

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Are you suffering from anxiety? Do you feel over-stressed for most of your day? Does it seem like the little things in life unbalance your calm and get to you more easily now? Or have you tried breathing exercises before but found them ineffective? You probably meet various obstacles regularly, and you may have experienced burnout on multiple occasions. Possibly, you've even contemplated giving up - giving up on causes in which you believe strongly, and for which you have a real passion. Who knows? Maybe you've already quit, and this little book is your last-ditch effort to rekindle a fire you never wanted to go out. If it makes you feel any better, I know what you're going through. Within this book, you will learn about the following topics: The extensive definition of stress and the effects Learn more about anxiety and its different forms What meditation is and how to start and the different types How to practice guided meditation for different purposes And much more!! So if you are looking for a way to take your spirituality and well-being to the next level, then this package is for you. Even if you are a beginner, within these books you will find clear and simple explanations to be followed that will make your path satisfactory from the very first day. Buy now to elevate your spirituality and discover the secrets of Kundalini, Chakra, Reiki, Mindfulness and much more!

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