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Meditation For Dummies

Stephan Bodian

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Meditation For Dummies

Stephan Bodian

Meditation For Dummies Stephan Bodian
Take an inward journey for a happier, healthier, more productive life

Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life.

This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. *Meditation For Dummies* offers a newly recorded CD featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world.

- Includes new information on the recent research on the causes of happiness and how meditation can improve mood
- Features a set of suggested meditations for becoming happier
- Examines new research on brain changes in people practicing meditation
- New, revised, and refreshed content throughout, including insight into the best meditation apps, electronic content, and websites

Praised by Deepak Chopra as "a useful guidebook filled with clear instructions and helpful hints," this hands-on, friendly guide gives you everything you need to begin experiencing the many benefits of meditation.

CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

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