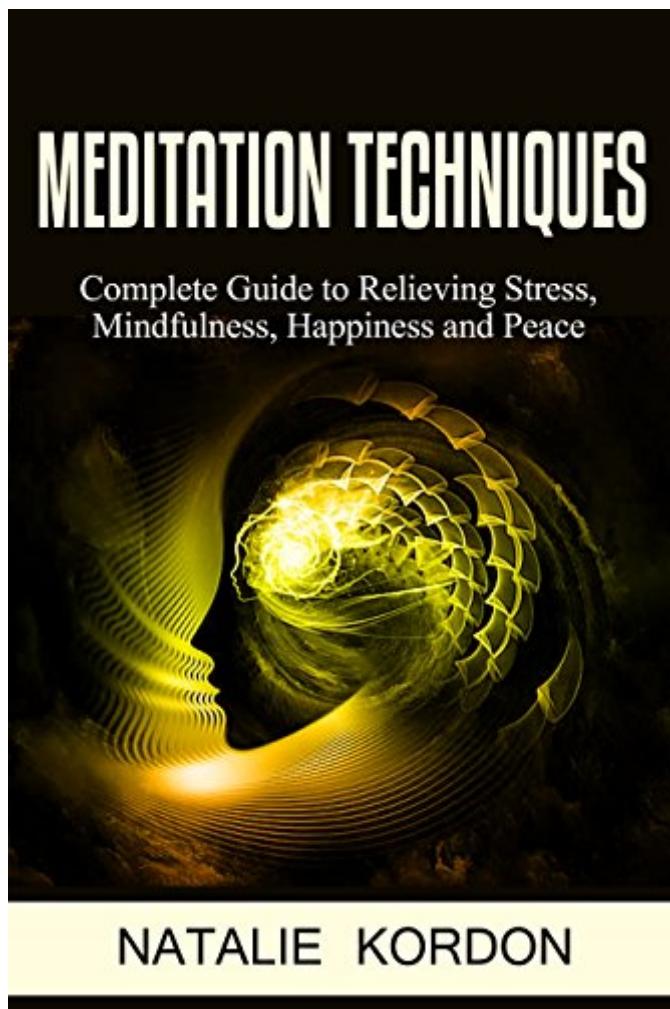


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# **Meditation Techniques: Complete Guide To Relieving Stress, Mindfulness, Happiness And Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence And Inner Peace)**





## Synopsis

Do You Want to take control of your mind and thoughts for life? Discover your inner world ! The Ultimate Guide to Meditation TechniquesWe are all different. That is the beauty of creation. Diversity in unity.Some people are dynamic and like to be in the action all the time, others are contemplative and laid-back; some are compassionate, gentle and loving, others are firm, determined, and strict; some are cheerful, playful, and spontaneous, while others are serious, rule-followers, disciplined. Yet, all together have one thing in common: humanity, spirit, consciousness.That is why different people will prefer different types of meditation. We can't all go by one shape or color. We have each our unique combination of tastes, inclinations, tendencies, qualities, preferences, affinities. That is why you will prefer one type of meditation and you might prefer a very different one.You should choose the meditation that fits best to your personality, so you love and enjoy doing it. You don't have to force into it. You have to flow with it. You have to make a perfect match.So, try different meditation techniques, narrow them down by your attractions. Then, stay with one or two, or a few that you like very much and get results from them. Ideally, you will have a single preferred meditation method and a few others that you like. Make your preferred meditation your daily routine. And the others you can do occasionally.In this book I will try to give answers to these questions. Find yourself!Download your copy today!You're on your way to be happy!

## Book Information

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## Customer Reviews

This is a very good book for meditation because it is very detailed, reader friendly and concise. I know that most books take us to several jargon and this one simplifies them all. Also, it details the benefits of meditation and why we should make time for meditation. The techniques incorporated in this book are fresh including gazing meditation, mindfulness mediation among other. I am pretty sure there is one technique in this book specific to your needs. A must have, indeed!

Thank you for a terrific book! I really loved the detailed pictures in this book, really helped set the scene. Very well written and it gave me a really nice understanding of Meditation and I honestly think I will use some of these ideas in my life from now on. It has helped my anxiety a lot and I will continue trying to grasp the concepts. That's as honest as I can be. You will not be disappointed.

No doubt, this is probably the best book on meditation I have read so far. Not only was the author very clear in her points, I also liked how she convinced me that meditation is a necessity. Been trying out meditation for a couple of months now and this really ushered me into the right direction.

Great book

I am new to Meditating for Relaxation and to relieve stress but I definitely like the idea. I like that this book made things simple for me. I like that the author made it easy to understand and gave instructions to get you started. There are a lot of techniques depending on what suits you best!

Quite interesting and totally amazing book!!! Lots of new things and ideas about meditation, even for me, the person who is fond of it for many years. Author did a really great job.

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