



Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (Free Guided Meditations Bonus) (Guide, Yoga, Stress, Anxiety)

Tai Morello

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Discover why Oprah Winfrey, Hugh Jackman, Russell Simons and Arianna Huffington all set aside time off their busy schedules to engage in the life-changing practice of Meditation.

5 Free Guided Meditation Audios Included!

Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place.

With The Meditation Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit.

From the outside meditation can seem like an esoteric, mystical endeavor exclusively reserved for enlightened monks and spiritual adepts. However, this could not be further from the truth. Meditation is not only accessible to anyone, it is extremely easy to learn and the benefits are only a few minutes away. In fact, a study by Dr Fadel Zeidan at Wake Forest Medical Center has shown only 80 minutes of meditation to be more effective for pain relief than even morphine.

Meditation changes the structure of your brain through a process called neuroplasticity. These changes in brain structure explain why regular meditators report a myriad of improvements in their lives. When you practice meditation, you gain control over your mind, you break the cycle of seeking stimulation from the external world and you learn to draw your state from within. Meditation is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life – your body, relationships, health and even your career.

The Meditation Beginner's Bible will teach you :

- The Neuroscience behind the incredible benefits of meditation
- How Meditation rewires your brain
- How to turn meditation into a habit
- How to access a higher level of consciousness that is beyond the mind
- Mindfulness Meditation
- Candle Meditation
- Guided Meditation
- Mantra Meditation
- Walking Meditation
- Metta Meditation
- And Much more!

If your meditation efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing meditation practice.

The truth is, meditation is extremely easy.

The moment you recognize that meditation is not about trying to empty your mind, but rather about observing your thoughts as they come and go without identifying with them, you begin to awaken and meditation becomes the most blissful, transformative moment of the day.

This book will tell you everything you need to know about meditation so that you can get started right away!

Here Is A Preview Of What You'll Learn...

- What Meditation Is
- The Benefits of Meditation
- How Meditation Rewires Your Brain
- Common Meditation Myths
- Common Obstacles To Meditation and How To Overcome Them
- How To Perform Various Meditation Techniques
- How To Turn Meditation Into A Habit
- And Much, Much More!

Tags: Meditation, Beginners, Mindfulness, Yoga, Anxiety, Stress, Mind, Books

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Roger Hodge:

Reading can called imagination hangout, why? Because if you find yourself reading a book mainly book entitled Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (Free Guided Meditations Bonus) (Guide, Yoga, Stress, Anxiety) your head will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely might be your mind friends. Imaging every single word written in a publication then become one application form conclusion and explanation that will maybe you never get before. The Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (Free Guided Meditations Bonus) (Guide, Yoga, Stress, Anxiety) giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us teach you the relaxing pattern here is your body and mind are going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

Bradley Printz:

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Herman Jenkins:

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