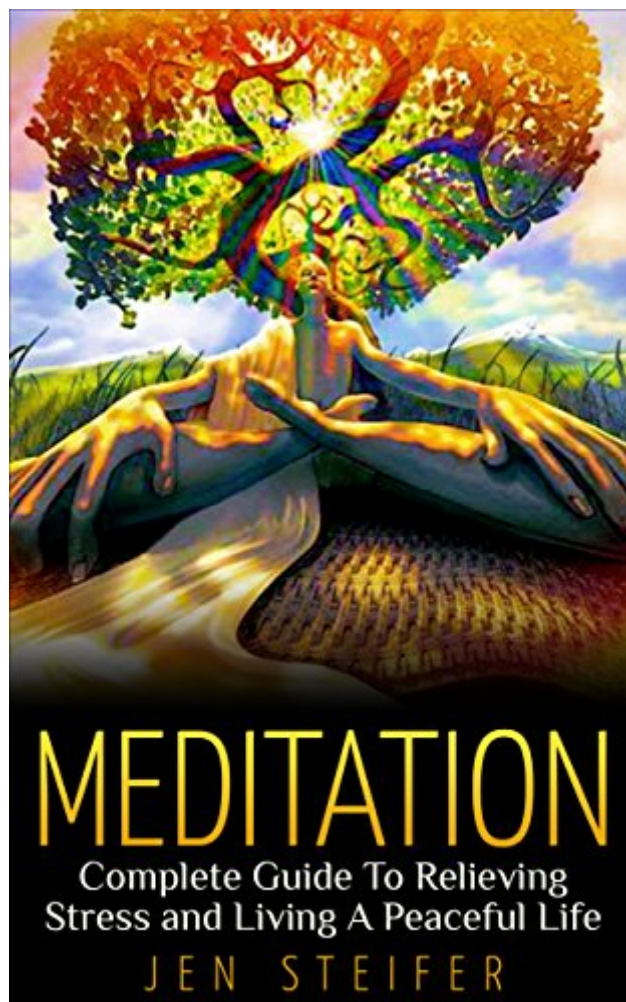


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# **Meditation: Complete Guide To Relieving Stress And Living A Peaceful Life (meditation, Meditation Techniques, Stress Relief, Anger Management, Overcoming Fear, Stop Worrying, How To Meditate)**





## Synopsis

Are You Constantly Stressed Out Everyday? ... READ THIS BOOK FOR FREE ON KINDLE UNLIMITED ~ BONUS RIGHT AFTER THE CONCLUSION ACT NOW BEFORE GONE! ... Do you find yourself always stressed out? Are you constantly worrying about tomorrow or even the next task that you have to do? Are you looking to eliminate stress in your life? Publisher's Note: This expanded 3rd edition of Meditation has FRESH NEW CONTENT to better meditation techniques and ways for you to live a life of peace. Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include Focused Meditation vs. Mindfulness Meditation Techniques Expectations and Exercises Limiting Stress Factors Physical Benefits of Meditation This book breaks down into easy-to-understand modules. It starts from the very beginning of meditation, so you can get great results - and live stress free! Hurry! Scroll to the top and select the "BUY" button for instant download.

## Book Information

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## Customer Reviews

I absolutely can not believe there are so many good reviews for this book. Actually, I guess I can, the author has clearly purchased these reviews from the internet, none of these positive reviews are from anyone that has actually read the book or knows anything about the subject. This is a hugely general basic book on meditation at best, but most of what she says seems like she just completely made things up out of the bottom portion of her body. Completely huge inaccuracies in what she says. I have been studying from many true meditation and Buddhist teachers like Pema Chodron, Thich Nhat Hanh, Jon Kabat-Zinn, Jack Kornfield, Ram Daas, the Dalai Lama just to name a few, and what she says in this book flies in the face of thousands of years of teaching. In just one example, she says 'Meditation is in fact the training of the brain so that it is able to retain positive thought and banish negative thought.' This is so wrong and simplistic as to be completely laughable. I was going to start to say what most true teachers teach that meditation is, but its not something simple to describe even in a whole book. Since I wouldn't also profess to be a skilled teacher, it would be silly for me to do so here. In another example, she says 'As a health and spiritual practice, meditation came into prominence centuries ago in the East where people's lives and culture demanded a way to escape the realities of life. Does she not even know that meditation has been around for THOUSANDS of years, not hundreds. Peoples lives 'demanded?' a way to 'escape' the realities of life? Seriously? Meditation is to help you escape the reality of your life? Unbelievable. You will hear nothing remotely like this from true teachers.

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Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)  
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