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# MEDITATION

NEW EDITION

# Teach Yourself Meditation

**Arnaud Bernard d' Icard Duquesne**



## **Teach Yourself Meditation:**

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relatively recent introduction to the Western world the Eastern art of meditation has become an increasingly popular and well respected method for physical relaxation and spiritual restoration Teach Yourself Meditation introduces you to the theory and practice of meditation and includes related websites new trends personal spiritual stories and an expanded bibliography Meditation for Beginners Jenny Chase,2014-03-17 Meditation is the most powerful mind and body hack available It will improve your health wealth and relationships Meditation is the age old art of purely focusing your mind and attention on one area The practice of doing this has an almost endless list of beneficial impacts on your mind and body With the incredible benefits that meditation offers it is no surprise that it has spread throughout every culture of the world For centuries people of all different backgrounds have been using meditation to better their life and health From businesses gurus to prisoners and from celebrities to monks people from all walks of life have adopted meditation But what are the benefits What makes meditation so powerful Well meditation has been shown to Increase creativity Increase ability to focus and concentrate Reduce stress anxiety and high blood pressure Increase levels of happiness and contentment Increase energy levels As well as many many more incredible things This book is the guide to helping you reap those benefits It is a complete beginner s guide covering everything from the neuroscience of meditation all the way to walking you through your first ever meditation So if you ve ever wanted to learn to meditate grab this book now You will be meditating like a monk in no time

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