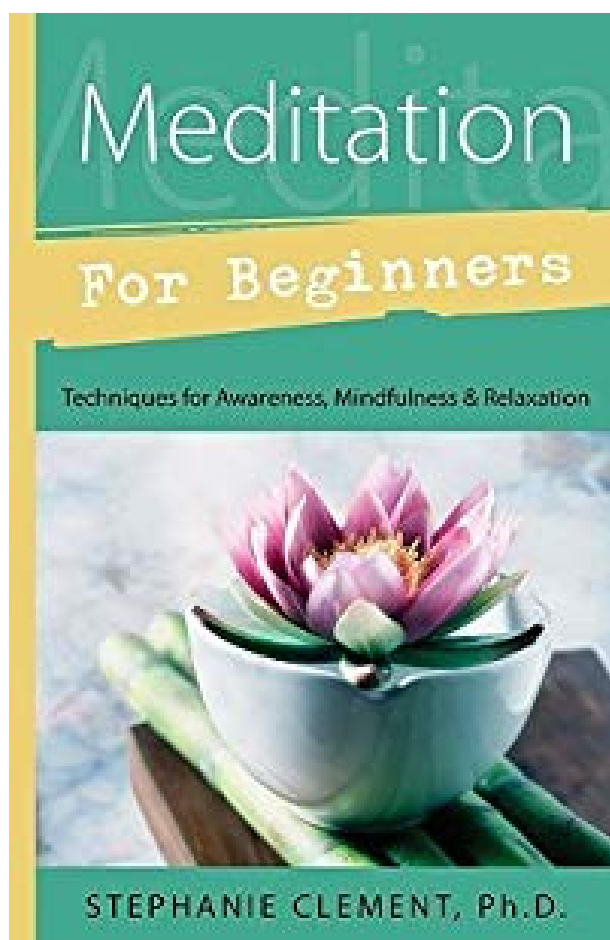


Meditation for Beginners: Techniques for Awareness, Mindfulness & Relaxation



Pages:	243
Genre:	Self Help
Author:	Stephanie Clement
ISBN13:	9780738702032
Language	English
Goodreads Rating:	3.61
Published:	October 8th 2002 by Llewellyn Publications
ISBN10:	073870203X

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Some people think meditation is something that takes years to learn. The truth is, it's a very natural state of awareness that can be developed in just a few minutes each day. The benefits of meditation are infinite! - Develop concentration - Learn to focus your attention - Relax your body and mind quickly and easily - Release fears - Increase your health and wellness - Exchange old habits for new ones - Identify personal goals and aspirations - Discover which meditation method works best for you