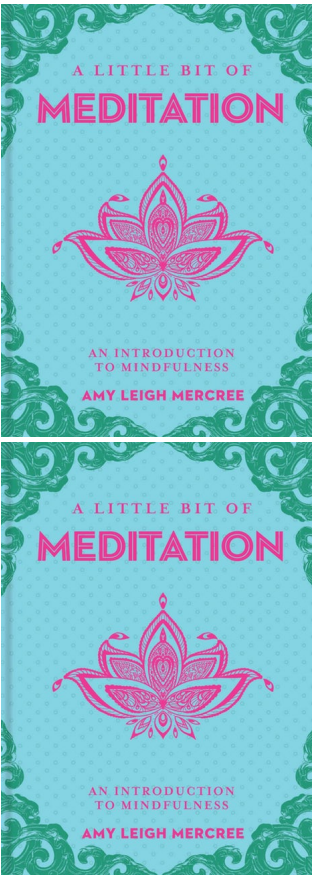


Little Bit Of Meditation - Mercree



An easy-to-use, informative introduction to one of today's most popular spiritual practices: meditation.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$9.95

Sales price without tax \$9.95

Tax amount

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Description

Meditation is a proven method of finding calm and coping with our crazy world. Amy Leigh Mercree explores the history of this ancient practice as well as its practical applications—including decreased anxiety and a more contented life. In addition to outlining the physical, emotional, mental, and spiritual ramifications of meditating, she includes a selection of easy-to-follow guided meditations.

Reviews

There are yet no reviews for this product.