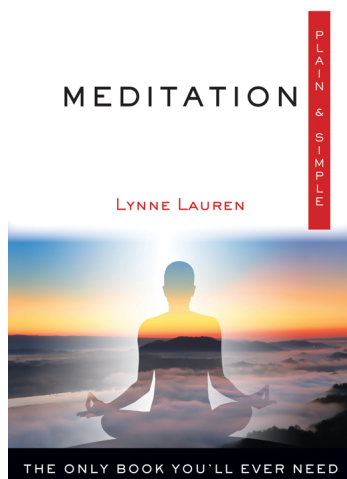
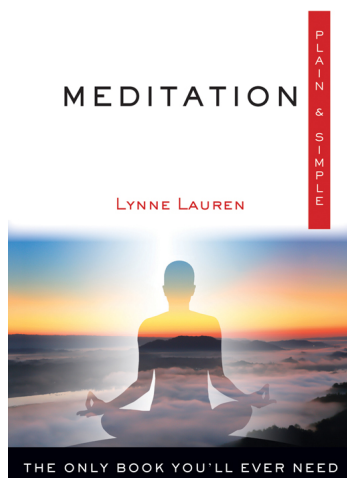


Plain & Simple: Meditation - Lynne Lauren



Meditation is a practice that calms the mind and the body in a natural way.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$14.95

Sales price without tax \$14.95

Tax amount

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Description

Its aim is to quiet or still the mind, which leads to calm awareness without the interference of troublesome thoughts. Meditation can help you focus, relax, and cope with life's twists and turns.

Meditation, Plain & Simple is a wise and helpful primer to the practice of meditation. Lynne Lauren not only explains why it is important to meditate, but also demonstrates how simple meditation is for the average person. It can be done anywhere by anyone, and you don't have to sit on the floor or stand on your head. In addition, she provides a brief overview of the different types of meditation along with more than 50 meditations and visualizations that can be used in different circumstances to reach particular goals.

This book is a lovely introduction for anyone who wishes to slow down, de-stress, and discover how rich life can be!

Reviews

There are yet no reviews for this product.