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Meditation For Beginners: 30 Practical Lessons on How to Learn Meditation and Quiet Your Mind (Meditation, Meditation books, meditation for beginners)

April Dean

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Just have a look around you and find out that everyone is worried about one thing or another. You may also have some tension in your life because of work, financial stress or any other reason. There are lots of thoughts around you, and these thoughts always chase you even on your bed. You are unable to enjoy a quality sleep because the planning of the next day is revolving around your mind. If you want to enjoy a good sleep, learn meditation and for your help the *Meditation for Beginners: 30 Practical Lessons on How to Learn Meditation and Quiet Your Mind* is available.

The basic purpose of this book is to convey the importance of meditation and teach you some important postures and practices. After reading *Meditation for Beginners: 30 Practical Lessons on How to Learn Meditation and Quiet Your Mind,* you will be able to find ways to quiet your mind. It helps you to live your life with mindfulness and ignore all silly things. It will clear your mind from the bombardment of thoughts and you can be able to work in a better way.

The book proves really helpful to identify your internal energy and connect your body and mind with this energy. If you want to get rid of stress and lots of health problems, just download this book and become one step closer to a healthy and peaceful life.

Contents of the Book:

- Chapter 01: Meditation, History and Scientific Research
- Chapter 02: How does meditation work and common obstacles to meditation?
- Chapter 03: Tips to Prepare for Meditation to Practice it Everyday
- Chapter 04: Meditation and Mindfulness
- Chapter 05: Running with the Mind of Meditation
- Chapter 06: Tiger Meditation
- Chapter 07: Loin Meditation
- Chapter 08: Garuda Meditation
- Chapter 09: Dragon
- Much, much more!

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