



Meditation Made Easy: How to Meditate for Success, Happiness and Healthy Living (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you ever wish you could just turn off all the noise in your head? DISCOVER: Meditation For Beginners Meditation Made Easy is, as the title suggests, an introductory guide to practicing basic meditation. It is not complicated, nor does it tackle any advanced meditation theories or techniques. This book is devoted to keeping the focus on establishing a meditative state quickly, easily, and without needing any pre-existing knowledge about meditation at all. You will not need to know anything about the terms used or the long history of meditation to get real, practical ideas from this book. In fact, Meditation Made Easy doesn't use any fancy, confusing meditation terms at all! Meditation IS For YOU! Meditation Made Easy was written to help two groups of people: Those for whom meditation is a completely new idea. Those who have tried meditation before and have been frustrated by the inability to accomplish a calm, relaxed state. In both cases, this book addresses how to avoid common mistakes that often lead people to quit before they've really given meditation a fair try....



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