

The Quiet Mind: A Introduction to Meditation! (Paperback)

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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book. (Kade Ankunding)

THE QUIET MIND: A INTRODUCTION TO MEDITATION! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why have psychologists and psychiatrists become extremely busy these days? The answer is pretty simple. Research has shown that a huge number of people find it extremely difficult to cope with the stress and strain of this highly demanding world. When they cannot find a solution to various issues, they inevitably go to qualified professionals for help and that is exactly why they have become inundated with work. Various studies have shown that seeking professional assistance makes a positive impact in the lives of a good number of people but it has not yet succeeded fully in improving the mental health of the people up to the desired levels. That is exactly where this new guide steps in. This powerful tool will provide you with everything you need to finally achieve a stress free life without leaving the comfort of your home and by meditating for only minutes per day. Follow the path of thousands of years of practice and refinement to find the inner peace that you long for. You can make promises to yourself all day and night, but actually de-stressing and being in a calm state is the hard part!.

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