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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Soul Centered: Transform Your Life in 8 Weeks with Meditation, Sarah McLean, Soul-Centered presents a contemporary, mainstream view of meditation in an 8-week program that delivers time-tested techniques to cultivate an effective daily meditation practice. Inspired by and based on Sarah McLean's 20-plus year spiritual journey, the book begins with insights into the five essentials necessary for successful meditation. Each of the 8 weeks that follows explores a variety of meditation...

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- Authored by Sarah McLean
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