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Meditation in Nature (Paperback)

By Anthea Peries

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Meditation in Nature ABOUT THIS BOOK: You know how difficult and overwhelming it can be to simply shut down, close your eyes and forget about the problems of the day? You want to get away from it all to de-stress and unwind and escape from the strains of life. If you are new to meditation and find it hard to visualize or, you simply want to enjoy the outdoors and nature but you are unable to get outside, then this book is for you. If you find it hard to sleep it can be ideal to read just before bedtime or, a treasured keepsake, perhaps a gift for someone special. This mindfulness, picture book with inspiring words contains over 50 graphic images of visual peak experiences and moments of extraordinary natural beauty that will evoke a sense of wonder, awe and self-reflection. Venture into nature with this book for meditation filled with thought provoking words and pictures of nature to help conjure up and ignite your imagination, and self-reflective thoughts. These charming, haunting images make a great coffee table book...



Reviews

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