



Meditation Made Simple: An Interactive Guide to Meditation (Paperback)

By Jo Barnard

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Hectic life? Feel like you're racing along on a hamster wheel? Want some inner peace but don't know how to achieve it? If your answer is yes, then be sure to read on. Meditation Made Simple carries with it a simple message: anyone can learn to meditate, regardless of culture or belief system. It doesn't take long and it's not difficult—it's simply a matter of finding a technique that works for you as an individual. Busy mum, well-being expert, and author, Jo knows how little time you have. In Meditation Made Simple, she will help you to: understand how meditation can benefit you in so many ways appreciate how easy meditation can be explore a few simple techniques to discover which work for you enjoy results very quickly and easily And with plenty of space to make notes and record your findings as you go along, Meditation Made Simple becomes not just a book to read but a completely interactive learning experience.



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