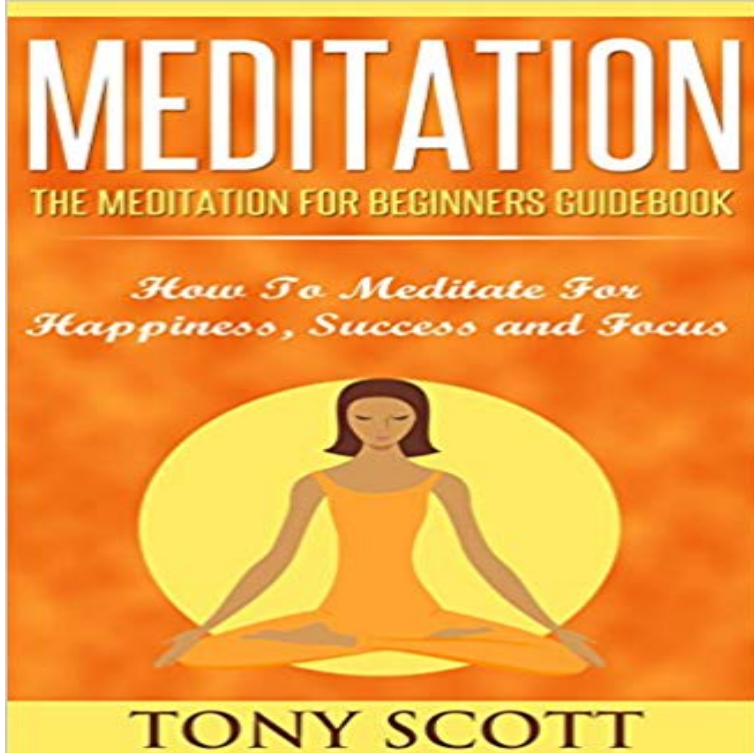


Meditation: The Meditation For Beginners Guidebook: How To Meditate For Happiness, Success and Focus (Meditation For Beginners, Meditation, How To Meditate, Mindfulness Meditation)



Meditation: The Meditation For Beginners Guidebook: How To Meditate For Happiness, Success and Focus We live in a hectic world. The stresses of work, the hassles of relationships, the strains of families, the uncertainties of the future and the regrets of the past are just energy draining to say the least. But what options do we have other than just live with it? Well, even before we can figure out how to deal with that, do you know that our minds are just constantly thinking about so many things such that it becomes almost impossible to even notice the simple things that happen every single moment because we are busy worrying about the future, regretting the past and judging the present. Besides, if you are never in the present, you will probably not hear the instructions that your boss is giving you, the ideas that your spouse is giving you, the concerns that your child is raising and the feedback that your employee is giving you. This simply means that you lack focus and are likely to be unproductive and have to deal with conflicts with people around you because you dont seem to care about what it is they are saying. This can actually lead to a lot of dissatisfaction and unhappiness no matter how favorable our situation actually seems to be. And when we are in this constant state of worry and unhappiness, our bodies produce stress hormones that wreck havoc in our bodies in that they could cause many stress related complications like hypertension, chronic stress, depression, adrenal fatigue and lots of other complications that relate to stress. Life doesnt have to be that way; you can unplug from the autopilot mode that your mind seems to be in always so that you can start enjoying life as it unfolds without getting too attached to any particular occurrence to the extent that you miss the next moment. So, how can you achieve this? Well, meditation is the key to living this kind of life. This book will help you

live the life that you've always wanted but you seem to be constantly missing it because your mind is always on auto mode.

Here Is A Preview Of What You'll Learn:
The History Of Meditation And How Meditation Differs From Concentration
How To Tame Your Restless Mind
Benefits Of Meditation
How To Prepare For Meditation
How To Get In And Out Of Meditation
How To Deal With The Challenges That Arise During Meditation
Meditation Techniques That Will Help You Focus, Meditation Techniques That Will Help You Remain Happy And Meditation Techniques To Help You Achieve Success
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