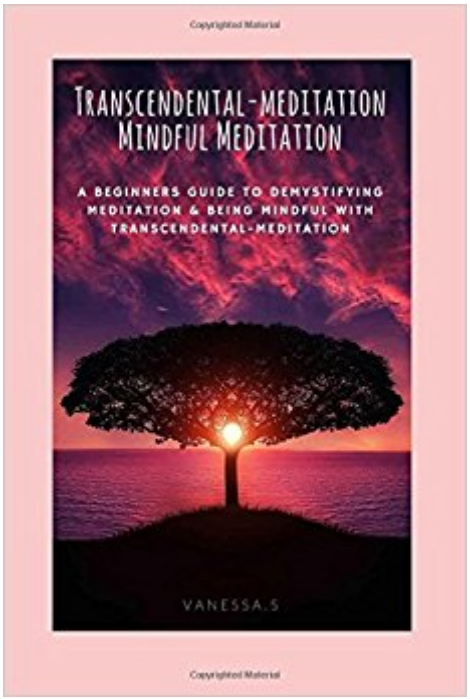
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Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation



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Synopsis

Looking To Live A Stress Free Life, But Don’t Know How To Start?Ã Â Revealed! The Many Wonderful Benefits Of Meditation & How You Can Transform Your Life Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â With It, In Just Minutes Per Day!Ã Â This is not a "fad" that doesn’t work, it isn’t a "dreamers plan" that will have you travelling to the mountains in search of a Yogi. These are the REAL steps to living a stress free, relaxing life with Meditation...Read On BelowWith most of us living fast-paced lifestyles trying to balance work, family and social lives can take itÃ¢â ¬â„¢s toll on our mental and physical wellbeing. Learning to meditate can bring a sense of calm and inner happiness to our lives and help promote feeling of peace and tranquility that often times get lost when we are busy trying to juggle everything we have to accomplish on a daily basis.Ã Â The practice of meditation is a gateway into your inner consciousness, resulting in an enhanced awareness of your own existence and your overall relationship to the universe.Whether you are looking to answer the age-old question, Ã¢â ¬Å“Who am I and why am I here?Ã¢â ¬Â• or simply to implement simple relaxation techniques to help ease your mind meditation may just be the answer for you....Ã Â Mindful MeditationÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â A Beginners Guide To Demystifying Meditation & Being MindfulMeditation has been around for hundreds if not thousands of years and it has many different cultural contexts, some of which transcend the boundaries of any one specific culture.Ã Â According to Eastern philosophy, to meditate means to think on the eternal, or rather to expand your consciousness until you are at one with the universe as a whole. This philosophy is based on the belief that transcendental emotions like grief, euphoria or even love can fade away, but the universe is forever.Ã Â Even if youÃ¢â ¬â„¢re not interested in the metaphysical implications of meditation it has undeniable health benefits. It incorporates many relaxation techniques that can help you erase the negative feelings that come with the stress of leading a hectic lifestyle.Ã Â Learning to meditate can have positive effects on stress-induced illnesses like heart disease and high blood pressure. In conjunction with traditional approaches to medicine, meditation can target the root causes behind stress-based conditions by helping you to calm and clear your mind. Which is exactly what the brand new guide teaches and makes plain in everyday language...easy enough for a child to understand!HERE’S EXACTLY WHAT YOU’LL GETThe Origin Of Meditation & It’s Impact On The WorldThe many benefits of meditation and some of the best reasons why you should embrace the meditation lifestyle.Ã Â Ã Â The different types of meditation and how you can use them to unlock your hidden potential.How to use simple meditation exercises for relaxation, stress relief and more!Some simple, yet effective ways to cultivate a positive mindset through meditation.How To

Incorporate Meditation Into Your Daily LifeWhy It’s Important To Invest In This Book Right Now...If you are looking to begin meditating but don’t know where to start Ã Â , then it’s important to not let anything stand in your way from doing it. Don’t let a few dollars stop you from learning the simple secrets that could change your life while also enriching it.Ã Â Can you put a price on your mental & physical wellbeing?

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Customer Reviews

The author gives a detailed overview on meditation for people with different conditions (pregnant women, kids etc).It s a motivational read with a lot of insights.

I’m new to meditating, or at least I was. I love how complete and explanatory this is, it made everything so much easy and enjoyable.

A great book about transcendental meditation a topic . From now I am a very big fan of this Author. Easily understand and enjoyable

A very interesting and useful book about transcendental meditation. It is written simply and clearly. I advise everyone to read it.

I thought this was a very good book. I never knew much about Meditation until I read this book. I

love how complete and explanatory this is, it made everything so much easy and enjoyable.

This is a clearly-written, useful introduction to meditation. If you've read about meditation before, you won't find much new, but it's a lucid discussion of the topic.There are only two things I would criticize about the book:1) It focuses too heavily for my tastes on the background/history of meditation. I would have preferred a more direct discussion of how to actually meditate, and the different methods. The book does get there, but it takes its time.2) The formatting of the book needs to be revised. On my Kindle Paperwhite, there are large blank spaces and sentences cut apart. Another look should be taken at the book's formatting, as the Kindle format may have changed since it was first published.Other than that, I would definitely recommend the book for beginners.

This book opened me to understanding what mindful meditation really means and taught me how to be mindful of the 'now' and everything around me. I'm really not a fan of this before, but eventually, as I read and reread this book of Vanessa, I came to understand slowly its importance in my day to day life to maintain peaceful, happy and fulfilled life. The techniques said may be easy to follow but it is hard to maintain if you lack the discipline. But I promise you, from someone who's just a beginner with this as well, that it's worth practicing it and this book has really helped me a lot.

This is a wonderful guide to all things meditation. As someone with anxiety, I was looking for a solution that didn't involve pills. This guide really helps me explore various meditation options to deal with various sources of my anxiety. I loved learning about the history of meditation as well as various everyday benefits I didn't realize meditation could provide. It dispels a lot of the myths and meditation stereotypes that might make someone shy away from meditation and explains how everyone and anyone can live a better life through meditation.

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