



## A Beginner's Guide to Meditation: Your Path to Greater Wisdom (Paperback)

By Duangta Wanthonh Mondi

Russ Crowley, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A Beginner's Guide to Meditation can help you transform your life TODAY! This guide, written by a lifelong practitioner of meditation can help you change your life and achieve life-long peace and happiness. The author has first began meditating at the age of 7, and regular meditation will help you to be more successful, happier, and healthier than ever. Learn how to calm your mind, how to understand and appreciate more of what's going on in your life, how to increase your consciousness, release stress, and how to deal with life's pressures in a much easier manner. Scientifically proven to help in many ways, regular meditation will help you to take control of your life and achieve everything you wish. With A Beginner's Guide to Meditation: Your Path to Wisdom you will learn exactly how to meditate correctly, to use the correct techniques to bring your mind to the present, to overcome the distractions that stop many from meditating successfully, and to achieve tranquillity. Meditating regularly is key to a peaceful mind and...



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