



Meditation for Beginners: Learn How to Meditate for More Focus, Less Stress and Better Health

Sherri Stockman

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This beginner's meditation handbook may be small, but it's mighty. Easy to read, and simple to put into action. In it, you'll learn how to use meditation to say goodbye to chronic stress, because **chronic stress is NOT your friend.**

Maybe you already knew that meditation is great for stress reduction, but there are so many options when it comes to meditating. *Do you really have the time to wade through a big, scholarly, esoteric manual to figure out how to get the help you need?*

I didn't think so.

Meditation for Beginners narrows it down and offers just enough suggestions so that you can easily decide what works best for YOU. What it is, where and how to do it, ways to enhance your experience... it's all in here.

There's even a free meditation audio you can use for your daily practice.

I believe the mental and emotional balance you can get when you learn how to meditate is our natural state, how we're meant to be as humans. Finding this balance leads to increased focus and concentration skills, improved productivity, and an upgrade in your overall physical, mental, and emotional health.

And FYI - Just because meditation gets serious results doesn't mean it can't be approached with a light heart.

Tongue in cheek commentary included at no extra charge.

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Carrie Hunter:

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Bertha Chang:

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