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How to Meditate for Beginners: Mindfulness Meditations for Instant Stress Relief and Peace of Mind

Emotional Health Techniques

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This is the SCRIPT version of the audiobook bundle, “How to Meditate for Beginners: Mindfulness Meditations for Instant Stress Relief and Peace of Mind.” The audiobook version is highly recommended for the full effects of guided meditation sessions.

This is a meditation bundle designed to help you practice meditation, become more mindful, relieve stress and increase inner peace. Learning to meditate can be as easy as pressing play. This meditation bundle guides you through simple meditations that will leave you feeling relaxed, rejuvenated and more at peace.

The following audiobooks are included in this bundle:

1. Learn to Meditate: Meditation for Beginners with Mindfulness Exercises, Relaxation Techniques, Guided Imagery and Guided Mindfulness Meditation
2. Body Scan Meditation: Mindfulness Meditation for Stress Relief, Emotional Health, Anxiety Relief, Muscle Tension and Stress Reduction
3. Mindfulness Based Stress Reduction: Reduce Anxiety and Relieve Stress with Mindfulness Meditation

The first audiobook includes a 15-20 meditation session with four environment options:

• Meditation on the beach
• Meditation during a rainstorm
• Meditation near a flowing creek
• Meditation near a waterfall

The second and third audiobooks each have one 15-20 meditation session with the following background options:

• Peaceful Solitude
• Epiphany
• Heavenly Bliss

Learn to meditate and increase inner peace with guided meditation.

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James Bardsley:

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Exactly why? Because this How to Meditate for Beginners: Mindfulness Meditations for Instant Stress Relief and Peace of Mind is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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