



Meditation for Beginners: A Complete Practical Guide with Simple Tricks and Techniques about Meditation for Lifelong Peace, Focus and Happiness (Meditation, ... for Beginners, Mindfulness Book 2)

Lilias Friend

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Meditation for Beginners

A Complete Practical Guide with Simple Tricks and Techniques about Meditation for Lifelong Peace, Focus and Happiness

This book believes on “nothing is flawless in this world”. Trials and errors are the real studded gems of this world. This book is one who is calling “stress, frustration and conflicts as the rolling stones of life”. Their work is to come and hit one’s door or others. So, taking them serious and indulging them in real life is a big bursting foolishness!!!

This well searched book gone through many of researches and got an analysis “meditation is an approved and worldwide recommended way of bringing peace, harmony and happiness to one’s mind & life”. It is a spiritual and a religious practice. Some call it a magic while others as problem to solution.

“I call it a “great healer of mind and body”.

This book is peculiar in its notion and logistic and well authentic in its proofs. This book is written an educated guide for you about “meditation”.

In this book, you will get to know about:

- Meditation for beginners – An educated guide with basic instructions
- Amazing tips and tricks for beginners about meditation
- Get lifelong peace by the bliss of meditation
- A list of practical tricks to enhance focus through meditation
- Add meditation in schedule of your daily routine and get lifelong serenity, focus and happiness

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