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Healing Handbooks: Meditation for Everyday Living

By -

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Healing Handbooks: Meditation for Everyday Living, Meditation for Everyday Living provides simple but effective meditation techniques to help you relax and still your mind within the demands of your own busy lifestyle. Drawn from meditation practices based mainly on Hindu, Buddhist or Taoist sources, there are step-by-step methods which promote a wide range of common benefits including increased confidence and self control, greater ability to focus and work effectively, and even improved posture. There are suggestions for morning, evening and day time exercises, designed to fit around your own personal schedule.



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