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Meditation for Real People: Jump Start Your Imagination (Paperback)

By Nicole Radke Ch

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. You do not have to be a card carrying yogi to participate in meditation. In today's world you may be overwhelmed with the information available to you on the subject of consciousness but it is a lifestyle no longer considered exclusive to those seeking spiritual enlightenment. There are some very real physiological and biological benefits to meditation. It helps relieve stress in the body, a major cause of illness and disease. The information and meditations in this book is meant to strengthen your ability to cope with stress in your daily life. Learn to keep things simple and practical by using your senses and imagination. People are experiencing a change in their values and priorities. We've had enough of living a life of basic survival. An increasing interest in the mysteries of life and spirituality of all kinds is evidence that people are looking for something more than what we've been taught to think. We are waking up to what we are. We are seeking within ourselves the best we know how....



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