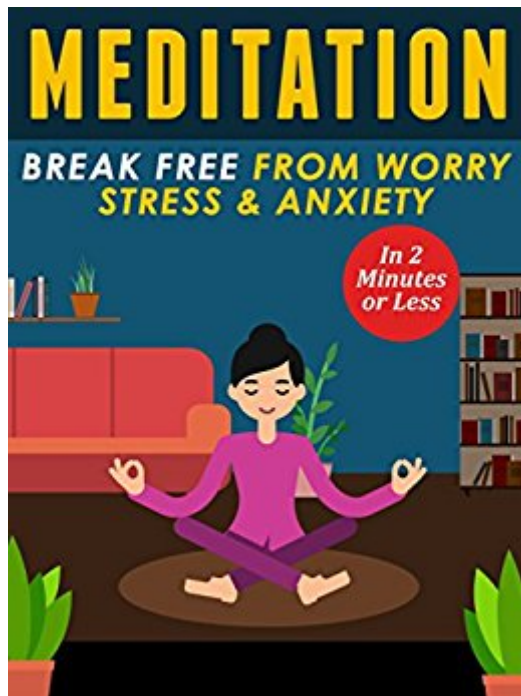


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# Meditation For Beginners: Eliminate Worry, Stress & Anxiety In 2 Minutes Or Less (Simple Self Improvement Series)



## Synopsis

Finally a Meditation Guide that makes it simple to eliminate stress, worry & anxiety... **\*\*AWESOME BONUS:** Your book includes an Exclusive Yoga For Beginners Bundle available for instant download!\*\* Are you stressed? Do you spend too much time worrying and not enough time enjoying yourself? Would like to attract more love, money and happiness into your life? â | Then this book is a must read for you! I know what youâ™re thinking... It's New Age mumbo jumbo, right?. Not for millions of Americans who meditate for health, happiness and well-being! Meditation has been scientifically proven to reduce (or eliminate) depression, anxiety, stress and pain. Meditation can also improve memory, focus and leave you feeling refreshed and revitalized. Plus there is literally no downside! So why havenâ™t you started meditating yet? For most of us, it's just that we donâ™t know where to start or how to meditate. Youâ™re in luckâ | The Simple Self Improvement Solutionâ | It doesnâ™t matter who you are or where you are fromâ "Meditation For Beginners will show you how to eliminate stress, anxiety and improve your happiness in 2 minutes or less. Youâ™ll learn different forms of meditation and how to avoid common mistakes that many beginners and first timers struggle with. This Book is NOT like the others. Meditation For Beginners contains guided meditation sessions, advice from experts and science-backed research. We include step-by-step lessons so you can implement meditation into your daily routine right away. Plus, we cut out the âœmagic formulasâ • and âœsecret tricksâ • that most books just copy out of bland, light-hearted, fluffy womenâ™s magazines. With this unique combination of information and actionable steps we can GUARANTEE that you eliminate stress and attract more love and positivity to your life. By the time you finish this book you will be fully equipped to take back control of your life and to transform yourself into the best you that you can possibly be, simply by adding meditation to your routine. Here's some highlights of what you'll learn: Common Meditation Misconceptions Dispelled Meditation Types â “ Find The Best Techniques For You Mindfulness Strategies To Eliminate Stress Meditation 101: How To Mediate How To Attract Peace, Prosperity & Happiness Into Your Life BONUS: Sensory Meditation For The More Advanced Plus, youâ™ll get the Yoga For Beginners Bundle - 100% FREE! With your purchase comes our Kindle Best-Selling eBook âœYoga: For Beginnersâ • to help you go deeper and create a life full of health, wealth and happiness. Thereâ™s Moreâ | You'll also get a FREE Visual Guide and Audio Guide that will make Yoga even easier. All you have to do is press play and listen to the step-by-step instructions. With these guides you'll be fully equipped to make the changes to the new, healthier and happier you. NO other series offers this special bonus - This is a one of a kind gift! Itâ™s Finally Time to Take Action. Donâ™t put it off any longer. Do yourself a huge favor and join the thousands of people

getting amazing resultsâ | If you are readyâ | Scroll up, grab this book, and take the first steps to your Improved life now! I am looking forward to seeing you on the inside, and further connecting with you by email, twitter or my website! PS: Donâ™t forget to grab the Exclusive Yoga For Beginners Bundle

## Book Information

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## Customer Reviews

It's an informative book but sometimes repeats itself. The directions become to involved at times but it is an ok beginner book.

If you know nothing about meditation this hook well help you

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