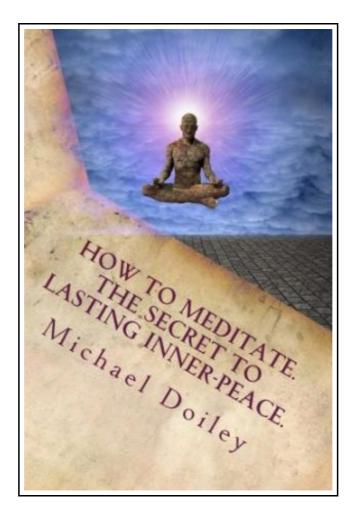
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(Prof. Antone Olson II)

HOW TO MEDITATE. THE SECRET TO LASTING INNER PEACE.: THE MOST CONCISE FAST-TRACK GUIDE TO MEDITATION YOU WILL EVER NEED



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Createspace, United States, 2012. Paperback. Book Condition: New. Large Print. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand ******. How to meditate, is the essential fast-track, no-frills, no-padding guide to practical meditation with purpose for people on-the-go , or those seeking change . Priced by the author according to quantity of pages NOT to quality of INFORMATION. Revealed inside this mini-manual are the reasons why so many people have difficulty meditating and why YOU will not be one of them. Explained, are the 7 Secret -Principles of Achieving Powerful Meditations and how you can see marked benefits in every area of your life IMMEDIATELY after reading this book, even before you ve begun meditating! This study is the undiluted guide to elevating your standard of living through calm and inner-peace. Elements that have become absolute necessities for lasting happiness in our challenging 21st-century world. For the busy ones I present various Open-eyed meditations that can be done whilst going about your daily routine, which although easy to do are still very powerful nonetheless. Meditation doesn t need to dominate your life to be effective. Done properly a few minutes regularly can still bring improved mental and physical health, enhanced sexual energy and a greater connection to your subconscious, your intuition and the universe-at-large. Welcome to How to Meditate. a lifetime of peace awaits you.

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