



## Meditation: The Beginners Guide to Serenity (Paperback)

By Hugh S Allen

Grace Publishing, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. MEDITATION: THE BEGINNERS GUIDE TO SERENITY Finally! A meditation guide that provides the beginner with the proper techniques as well as useful strategies for integrating meditation into your every day life For years I struggled with the heart-gripping anxieties and stress that came from my inability to control every area of my life. My perfectionist tendencies kept me on a very short leash so I could barely celebrate an accomplishment before my mind was racing ahead to the next assignment. When I was introduced to meditation, I let go of fear and unrealistic expectations and gave myself permission to just be. It revolutionized my life! MEDITATION: The Beginner s Guide to Serenity is the ultimate guide for achieving all that you want from life without sacrificing your peace, your health or your joy Mindfulness and Awareness Meditation develops the powerhouse twins of Mindfulness and Awareness which, when unleashed, elevate your life to dizzying heights. When you download this book, it will answer all of your questions on how get started, it outlines different techniques and postures that you can choose from and it...



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