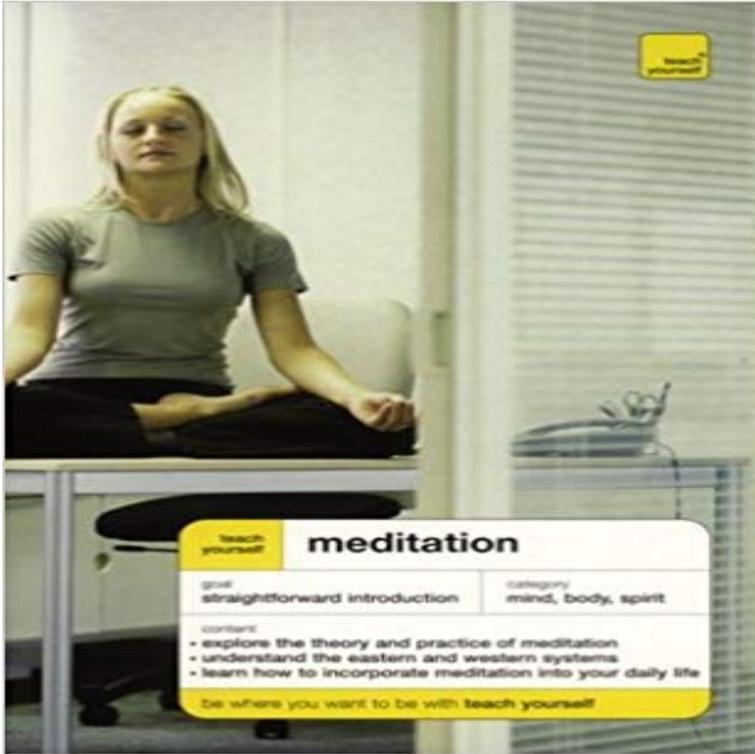


Teach Yourself Meditation



This book demystifies the ancient discipline of meditation and shows you how to get the most out of its spiritual and restorative powers. Teach Yourself Meditation seamlessly connects theory and practice, guiding you through a series of exercises that help you build concentration, increase awareness, and get the most out of every aspect of your daily life. You also learn about the ancient origins of meditation and how it has evolved and been practiced in various cultures.

- 20 min - Uploaded by AccelerateMe<http://meditation/free-guided-meditation-1-how-to-meditate> - 8 min - Uploaded by Hannah J McLaughlin

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