



Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)

Jen Steifer

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Publisher's Note: This expanded 3rd edition of *Meditation* has FRESH NEW CONTENT to better meditation techniques and ways for you to live a life of peace.

Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include

- Focused Meditation vs. Mindfulness
- Meditation Techniques
- Expectations and Exercises
- Limiting Stress Factors
- Physical Benefits of Meditation

This book breaks down into easy-to-understand modules. It starts from the very beginning of meditation, so you can get **great results** - and live stress free!

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