



Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)

By Tai Morello

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Discover why Oprah Winfrey, Hugh Jackman, Russell Simons and Arianna Huffington all set aside time off their busy schedules to engage in the life-changing practice of Meditation.

Bonus: Exclusive Gift Inside!

Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place.

With The Meditation Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit.

From the outside meditation can seem like an esoteric, mystical endeavor exclusively reserved for enlightened monks and spiritual adepts. However, this could not be further from the truth. Meditation is not only accessible to anyone, it is extremely easy to learn and the benefits are only a few minutes away. In fact, a study by Dr Fadel Zeidan at Wake Forest Medical Center has shown only 80 minutes of meditation to be more effective for pain relief than even morphine.

When you download The Meditation Beginner's Bible, you'll learn how meditation changes the structure of your brain through a process called neuroplasticity. You will be able to you gain control over your mind, break the cycle of seeking stimulation from the external world and draw your state from within. Meditation is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life – your body, relationships, health and even your career.

With The Meditation Beginner's Bible you will find out :

- The Neuroscience behind the incredible benefits of meditation
- How Meditation rewires your brain
- How to turn meditation into a habit
- How to access a higher level of consciousness that is beyond the mind
- Mindfulness Meditation
- Candle Meditation
- Guided Meditation
- Mantra Meditation
- Walking Meditation
- Metta Meditation
- And Much more!

If your meditation efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing meditation practice.

The truth is, meditation is extremely easy.

The moment you recognize that meditation is not about trying to empty your mind, but rather about observing your thoughts as they come and go without identifying with them, you begin to awaken and meditation becomes the most blissful, transformative moment of the day.

This book will tell you everything you need to know about meditation so that you can get started right away!

Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and click the "Buy" button now!

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Editorial Review

Review

"It's Not Just For Tibetan Monks Anymore. If you think the practice of meditation is something woo-woo esteemed by New Age gurus, think again. You may be surprised to learn that some of the most successful famous people today incorporate it into their daily life.

And if you are one of the many Americans who has become so entrenched into the rat-race frenzy, then this guide was made with you in mind. The benefits that await you have no limit. The author starts first by demystifying readers so it becomes more clear what meditation is and what it isn't, then moves onto some ideas for making the transition. You won't be able to reap the benefits of meditation if you don't have a grasp on the importance of breathing, mindfulness, and detaching from external fixations.

And regarding that last part; some light is shed on this activity being viewed as "boring" as we have become so dependent on extrinsic stimuli to bring us contentment. If you can get over that hurdle, you will be well on your way to meditation mastery." - Jennifer

About the Author

Hey! I'm Tai Morello. I am a meditation geek, entrepreneur, internet marketer, fitness enthusiast and soccer lover.

I am an avid reader and I have always been passionate about the inner workings of the human mind. I discovered meditation early in my life and I can confidently say that it is the most powerful tool for personal growth I have ever come across.

Meditation has helped me gain control over my mind and live a stress-free, more productive and happier life. It is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life - your body, relationships, health and even your career.

My mission is to share my passion with as many people as possible. I want to help you embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit.

Thanks for reading.

Cheers,

Tai Morello

Users Review

From reader reviews:

Anna Chew:

Reading a book tends to be new life style within this era globalization. With reading through you can get a

lot of information that will give you benefit in your life. Along with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or their experience. Not only the storyplot that share in the books. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some study before they write to the book. One of them is this Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques).

Ruth Frye:

Many people spending their time frame by playing outside having friends, fun activity having family or just watching TV all day every day. You can have new activity to pay your whole day by looking at a book. Ugh, you think reading a book really can hard because you have to bring the book everywhere? It alright you can have the e-book, getting everywhere you want in your Cell phone. Like Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) which is getting the e-book version. So , try out this book? Let's see.

Ina French:

This Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) is completely new way for you who has interest to look for some information mainly because it relief your hunger details. Getting deeper you in it getting knowledge more you know or else you who still having little digest in reading this Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) can be the light food in your case because the information inside this book is easy to get by simply anyone. These books develop itself in the form that is reachable by anyone, yep I mean in the e-book contact form. People who think that in book form make them feel drowsy even dizzy this reserve is the answer. So there is not any in reading a publication especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book style for your better life along with knowledge.

Mamie Contreras:

As a pupil exactly feel bored to reading. If their teacher inquired them to go to the library or make summary for some book, they are complained. Just minor students that has reading's heart and soul or real their pastime. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading significantly. Any students feel that looking at is not important, boring and can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) can make you experience more interested to read.

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