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I'm not a big fan on the "Dummies" series, but this one is excellent. Less patronising and straining to be fun and friendly than most of them. The author offers a very wide range of ways to approach relaxation, recognising that different things work for different people. The CD is also good - he has a very gentle calming voice.

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Provides information on a variety of techniques, including simple breathing, guided imagery, and yoga, to achieve a deep level of healing relaxation.

Introduces readers to a new form of meditation therapy, which uses such self-control techniques as body posture, sitting practice and breathing exercises to achieve a concentrated and more focused state of mind, which can help reduce stress and anxiety, lower blood pressure, alleviate chronic pain and more. Original.

Take an inward journey for a happier, healthier, more productive life Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. Meditation For Dummies offers a newly recorded CD featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along

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with new advice on how to get the most out of meditation in today's fast-paced world. Includes new information on the recent research on the causes of happiness and how meditation can improve mood Features a set of suggested meditations for becoming happier Examines new research on brain changes in people practicing meditation New, revised, and refreshed content throughout, including insight into the best meditation apps, electronic content, and websites Praised by Deepak Chopra as "a useful guidebook filled with clear instructions and helpful hints," this hands-on, friendly guide gives you everything you need to begin experiencing the many benefits of meditation. CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy, Mindfulness For Dummies outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better



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health. Note: CD files are available to download when buying the eBook version

The popular guide—over 80,000 copies sold of the first edition—now revised and enhanced with an audio CD of guided meditations. According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of *Buddhism For Dummies* (0-7645-5359-3).

This award-winning book offers simple but powerful guidelines for attaining inner peace. Perfect for both beginning and long-time meditators alike, *Meditation for Starters* helps you to realize that all of life's activities are enhanced if they are started with meditation. The CD contains a clear, powerful explanation of meditation, followed by 30 minutes of guided visualization.

Restore balance to your life and live in the moment  
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The very essence of meditation is finding peace within the chaos that enshrouds us all in our daily lives, and if we can just get ourselves to look at that daunting word a little bit differently, we will come to see that we don't need to have that sacred temple or shrine wherein we seek to cast aside our thoughts and enter the blissful state of no mind we so desperately seek to attain. In this book you will learn all about the techniques that you will be able to use most effectively where it comes to performing meditation anywhere and anytime. You will come to see that what you once believed was a task best left to rishis and sages in the mystical Himalayas, is really something you can perform with the utmost ease, several times a day.

Take an inward journey for a happier, healthier, more productive life Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to

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result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. Meditation For Dummies offers a newly recorded CD featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Includes new information on the recent research on the causes of happiness and how meditation can improve mood Features a set of suggested meditations for becoming happier Examines new research on brain changes in people practicing meditation New, revised, and refreshed content throughout, including insight into the best meditation apps, electronic content, and websites Praised by Deepak Chopra as "a useful guidebook filled with clear instructions and helpful hints," this hands-on, friendly guide gives you everything you need to begin experiencing the many benefits of meditation. CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

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Dummies is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life.

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