



The Everything Meditation Book: Learn to Relax, Eliminate Stress, and Bring Inner Peace Into Your Life (Everything (New Age))

Rosemary Clark

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Relieve stress, enhance focus, promote relaxation, and feel great

Recently, medical practitioners have proven that meditation is one of the most effective ways to relax and center both mind and body. The Everything® Meditation Book provides step-by-step instruction for reaping the benefits of this ancient tradition and explains how it can be applied to both spiritual and secular living.

Rosemary Clark, a meditation practitioner for more than thirty years, highlights the various techniques and provides practical instructions for applying the styles that work best for you. Whether you are looking for a pathway to enlightenment or just a respite from your hectic life, The Everything® Meditation Book has something for you.

The Everything® Meditation Book features valuable information on:

- The medical benefits of meditation
- Posture and breathing techniques
- Cultural and religious approaches to meditation
- Creative visualization and imagery
- Group meditation for team sports
- Meditative dance
- Meditation for the busy professional and commuter

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