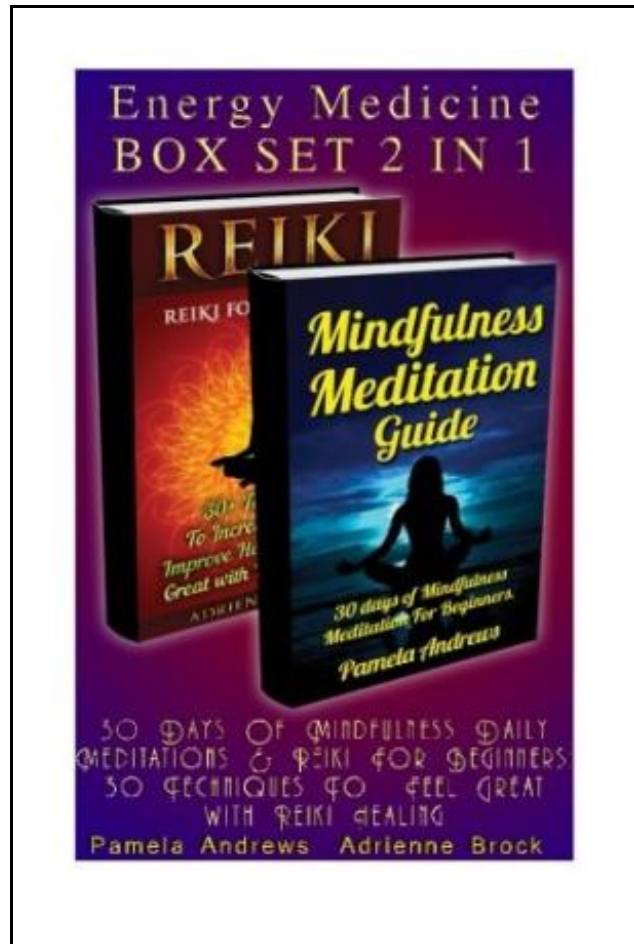


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Energy Medicine BOX SET 2 IN 1: 30 Days Of Mindfulness Daily Meditations Reiki For Beginners: 30 Techniques To Feel Great with Reiki Healing. BOOK #1: Mindfulness: Mindfulness Made Simple.30 days Of Mindfulness Daily Meditations Mindfulness Exercises. (Mindfulness Handbook). This is a book that will help to guide you towards trying out meditation for a 30 day period. Hopefully by the end of the 30 trial you will decide to make it a permanent part of your daily life. Practicing meditation offers you many benefits for your mind and body that you will learn when reading this book. If you are looking for a way to help you to deal with the stresses of daily life of living in this fast paced world, then meditation may be just the tool you need to help you to de-stress. By trying it for 30 days it will give you enough time to see if this is something that you want to keep as one of your permanent daily rituals. Sometimes we don't even try things before we decide we won't like them for one reason or another. The best way to know for sure if meditation is for you is to commit to a trial period of at least a month to truly give it a decent try. This will allow you some time to get a sense of what type of effect meditation is having on you. Why Should You Read this Book? You should read this book because it is going to offer you some great tips, suggestions, and insight into the world of meditation. It will give you a more detailed view into the world...



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