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How to Meditate: Guided Meditation for Beginners with Guided Imagery, Meditation Techniques and Mindfulness Exercises

Zhen Kung

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Meditation can clear the mind, relax the body and improve your mood all with just one session. But, many avoid the practice simply because they do not know how to meditate. The audiobook version of this session solves this issue by providing a simple meditation that can be done by anyone, even those who have never meditated before. The audiobook mixes the most effective meditation practices and boils them down to simple techniques that will help you reap the benefits of meditation without needing to be an expert at meditating.

The audiobook version will help you:

• Learn how to meditate properly
• Relieve stress
• Practice stress management
• Increase inner peace and happiness

The audiobook includes:

• Guided meditation with step-by-step instructions for meditating and relieving stress
• Blissful meditation music

Ease your way into meditation with this simple, yet effective meditation session. By bringing meditation into your life, you will be welcoming more inner peace and tranquility into your heart.

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