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Loving-Kindness Meditation - How to create more joy, hope and love in your life

Fredrik Andersson

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You will learn how to practice Loving-Kindness Meditation, which is an old meditation practice that originates from the Buddha. It is a method to develop compassion towards yourself and others.
In the last decade or two, there has been an enormous amount of scientific research in the meditation area, and one area that has been focused on is the Loving-Kindness Meditation.
Research has shown that practicing Loving-Kindness Meditation brings you a lot of benefits, for example you:

- Feel more positive emotions, like joy, hope and love
- Feel more purpose in life
- Have higher self-acceptance
- Have less illness-symptoms
- Are more satisfied with your life

Download the book now to learn how to get these benefits in your own life!

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