



Meditation for Beginners: Techniques for Awareness, Mindfulness & Relaxation (For Beginners (Llewellyn's))

Stephanie Clement

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Some people think meditation is something that takes years to learn. The truth is, it's a very natural state of awareness that can be developed in just a few minutes each day. The benefits of meditation are infinite!

- Develop concentration
- Learn to focus your attention
- Relax your body and mind quickly and easily
- Release fears
- Increase your health and wellness
- Exchange old habits for new ones
- Identify personal goals and aspirations
- Discover which meditation method works best for you

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