

Meditation For Dummies Audiobook



Meditation For Dummies guides you down the road to increased awareness and inner peace. It also covers the historical origins and traditional wisdom behind modern meditation, as well as how to prepare for and find success in your own meditation practice. This audiobook contains: The latest advice on how to find success in your own meditation; techniques to transform suffering and replace negative patterns; and topics including tuning in to your body, loving and kindness, transforming suffering, replacing negative patterns, grounding oneself, and finding a peaceful place.

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