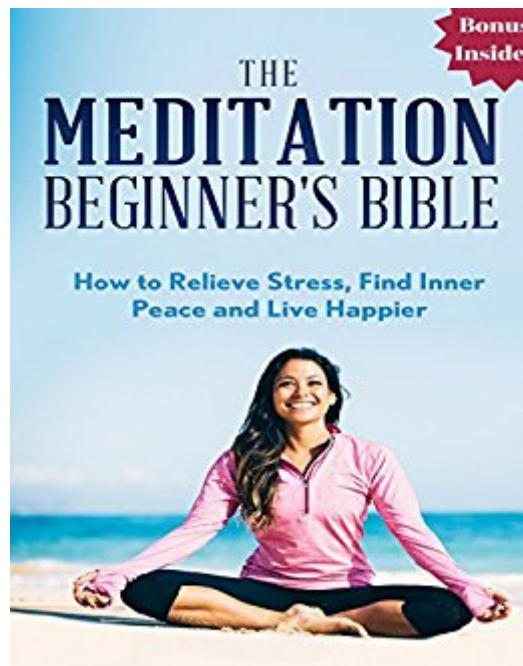


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# **Meditation: The Meditation Beginner's Bible: How To Relieve Stress, Find Inner Peace And Live Happier (meditation For Beginners, Zen, Energy Healing, Spiritual ... Meditation Books, Meditation Techniques)**



## Synopsis

Discover why Oprah Winfrey, Hugh Jackman, Russell Simons and Arianna Huffington all set aside time off their busy schedules to engage in the life-changing practice of Meditation. Limited Time Offer: Exclusive Gift Inside! Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place. With The Meditation Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside meditation can seem like an esoteric, mystical endeavor exclusively reserved for enlightened monks and spiritual adepts. However, this could not be further from the truth. Meditation is not only accessible to anyone, it is extremely easy to learn and the benefits are only a few minutes away. In fact, a study by Dr Fadel Zeidan at Wake Forest Medical Center has shown only 80 minutes of meditation to be more effective for pain relief than even morphine. When you download The Meditation Beginner's Bible, you'll learn how meditation changes the structure of your brain through a process called neuroplasticity. You will be able to gain control over your mind, break the cycle of seeking stimulation from the external world and draw your state from within. Meditation is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life – your body, relationships, health and even your career. With The Meditation Beginner's Bible you will find out : The Neuroscience behind the incredible benefits of meditation How Meditation rewires your brain How to turn meditation into a habit How to access a higher level of consciousness that is beyond the mind Mindfulness Meditation Candle Meditation Guided Meditation Mantra Meditation Walking Meditation Metta Meditation And Much more! If your meditation efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing meditation practice. The truth is, meditation is extremely easy. The moment you recognize that meditation is not about trying to empty your mind, but rather about observing your thoughts as they come and go without identifying with them, you begin to awaken and meditation becomes the most blissful, transformative moment of the day. This book will tell you everything you need to know about meditation so that you can get started right away! Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and click the "Buy" button now!

## Book Information

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## Customer Reviews

If you think the practice of meditation is something woo-woo esteemed by New Age gurus, think again. You may be surprised to learn that some of the most successful famous people today incorporate it into their daily life. And if you are one of the many Americans who has become so entrenched into the rat-race frenzy, then this guide was made with you in mind. The benefits that await you have no limit. The author starts first by de-mystifying readers so it becomes more clear what meditation is and what it isnâ™t, then moves onto some ideas for making the transition. You wonâ™t be able to reap the benefits of meditation if you donâ™t have a grasp on the importance of breathing, mindfulness, and detaching from external fixations. And regarding that last part; some light is shed on this activity being viewed as âœboringâ • as we have become so dependent on extrinsic stimuli to bring us contentment. If you can get over that hurdle, you will be well on your way to meditation mastery. You also will receive a nice bonus as a result of getting this guide.

Well-Written Resource! Sometimes with non-fiction short reads you have books that do have lots of great information but are really shabby in terms of the writing...not this one! It's the total package when it comes to the subject of meditation! I really enjoyed Chapter 8 which focuses on turning meditation into a habit. Sure, this book is rock solid on topics such as the benefits of meditation, but

it also acknowledges common obstacles to meditation and better yet, provides you with real-world solutions to said challenges. What a sweet read!

Simple explanation of ways to begin your practice as well as some benefits of meditating regularly. No complicated terminology or mysticism involved. My major complaint is the lack of proofreading as evidenced by all the spelling errors.

Lately (or always it seems) my life has been stressful. I have been told more than once that I should meditate. When I was given the chance to review *The Meditation Beginner's Bible* by Tai Morello I took this as a sign. I was given a copy to read and then review honestly. I enjoyed the book. I actually found myself using some of the techniques described in the book as I read. The chapters were easy to read and understand. I really liked how the information was broken down so simply. The benefits of meditation are presented in bullet form. Scientific studies were provided to give a more in-depth view of exactly how meditation works. Morello offers several methods of meditation. This is great for someone new to meditation as the options allow a person to choose the right method for themselves. I really felt like this book was written with love as it is clear the author truly wishes to make meditation accessible to everyone. The entire tone of the book is one of friendship and guidance to allow anyone to meditate. The only thing that did throw me off a bit was the title. At first I thought this book would be a guide on how to use the Bible as a meditation tool. The book is strictly a meditation book. I loved how myths were presented and busted. I loved the links to meditation tools. I highly recommend this book to anyone who has an interest in learning how to meditate to alleviate stress, anxiety, and pain.

I was living a stressful life and not happy with my life. My every work was going wrong and I was too much disturb because of this. I was telling my whole story to my friend and she said that read the book *Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier ( Free Guided Meditations Bonus)* (Guide, Yoga, Stress, Anxiety) hope you will find solutions of your problem. I read this book and follow the things which is written in this book. Really meditation is magic. With the help of meditation I have improved my work and feeling relaxed. Now I am out of my stressful life. This is really a healthy and helpful thing for your life. Such a fruitful job done by an author. Highly recommended

This is a book on what meditation is. Why someone should meditate. How meditation effects the

brain. It talks about the myths of meditation and the different techniques of meditation. The final chapter is about making meditation into a habit. This is a good book for someone that is thinking about starting meditation.

I downloaded the Kindle version and was quite happy with it. I have never looked up meditation, nor have I ever read another book on it. This was my first. The first exercise I did took under a minute and I actually felt more relaxed and less stressed. I'm always stressed, hence my TMJ. The exercises did not make me feel overwhelmed at all. If you don't know anything about meditation you will completely benefit for this book. It was very easy to read and understand, which I find this to be a problem for me with many books, but not this one. For beginners definitely!

Finding the deep relaxation of your mind, body and soul is the biggest achievement of rest. It is when you let go of all your worries, anxiety and stress. The peace deep within that nobody can give except you and your mind along with meditation. The book really guided me of the basics standards and strategies to reach the inner peace within you. This is a great practice to avoid nervous breakdown and anxiety

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