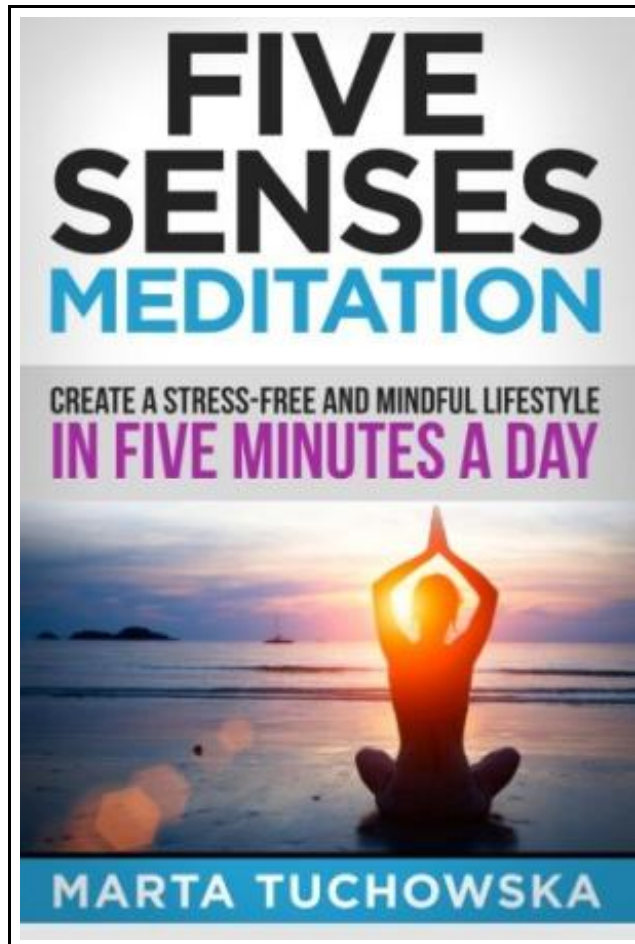


Five Senses Meditation: Create a Stress-Free and Mindful Lifestyle in Five Minutes a Day



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Reviews



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(Jimmie Schmidt I)

FIVE SENSES MEDITATION: CREATE A STRESS-FREE AND MINDFUL LIFESTYLE IN FIVE MINUTES A DAY



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER HOLISTIC WELLNESS, MINDFULNESS AND A STRESS-FREE LIFE.MASTER THE ART OF 5 SENSES MEDITATION IN LESS THAN 5 MINUTES A DAY. A Truly Holistic Approach + Practical Solutions to Guarantee Your Meditation Success + Visible Results! From: Marta Tuchowska (Author, Holistic Wellness Expert and Coach, Reiki II Practitioner, Massage Therapist, Aromatherapist) Subject: How to actually learn to meditate and make it your lifestyle in order to embrace wellness and create a new, stress-free version of yourself: MEDITATION MADE EASY, DOABLE AND FUN! Dear Friend, You have probably heard that the regular practice of meditation is a great natural therapy that can work wonders for your body, mind and spirit. You have probably done your research and already know that mastering the art of meditation, and making it your regular companion, will bring you many benefits (physical, mental, and emotional). For example: Meditation lowers high blood pressure and helps reduce anxiety attacks. Meditation is great for holistic pain management. Meditation makes you feel great, as it increases serotonin production. Meditation helps prevent diseases, as it makes your immune system stronger. Meditation is the best all-natural cup of coffee and it helps you keep energized naturally. Those who meditate on a regular basis need to sleep less, are early risers, and wake up feeling nice and fresh. Meditation helps you feel more creative, empathic and more emotionally balanced. In other words, your problems become smaller and gradually evaporate! Unfortunately, one thing is to know, and another thing is apply it to make it your lifestyle. As Jim Rohn says, To know and not to apply is not to know. You see, meditation is not about spending hours...

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