



Meditation For Beginners: A Complete Guide With Simple Techniques And Tricks On How To Meditate For Life-Long Peace And Happiness

Ashley Leesburg

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This book contains proven steps and strategies on how to make meditation a part of your life.

Meditation has been around as long as we have. From ancient monks in their monasteries to the shamans and holy men and women of antiquity, the deceptively simple act of meditation is something that has enlightened some of the world's greatest thinkers and doers.

It's easy, with such mystique surrounding the topic, to think that meditation is something that only the most empowered individuals can master, but this isn't the case. Meditation is not only a tool that's available to anyone and everyone, but it's actually a natural function of the human mind.

We enter trance states on a daily basis, generally many times throughout the course of a single day. Whether we're "losing ourselves in our work" or daydreaming while the world scurries about us, our minds constantly utilize trance states. When we learn to enter a meditative state at will, we begin to unlock the greater potential of our minds.

Whether you're looking for a way to relax and de-stress after a long day, or become more focused during your daily life, meditation is an indispensable tool that's just waiting for you to utilize it.

In this book, we will be discussing what meditation is and how even those previously unfamiliar with meditative techniques can reap the benefits of a more focused mind. The first chapter provides an overview, while the following chapters are focused on different types of meditation along with handy tips and tricks to help guide you along the wonder of this natural process.

As with all things, the amount of reward that you will receive from the practice of meditation correlates to the amount of effort you put into it, but even with occasional practice, you might just be surprised at the results.

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