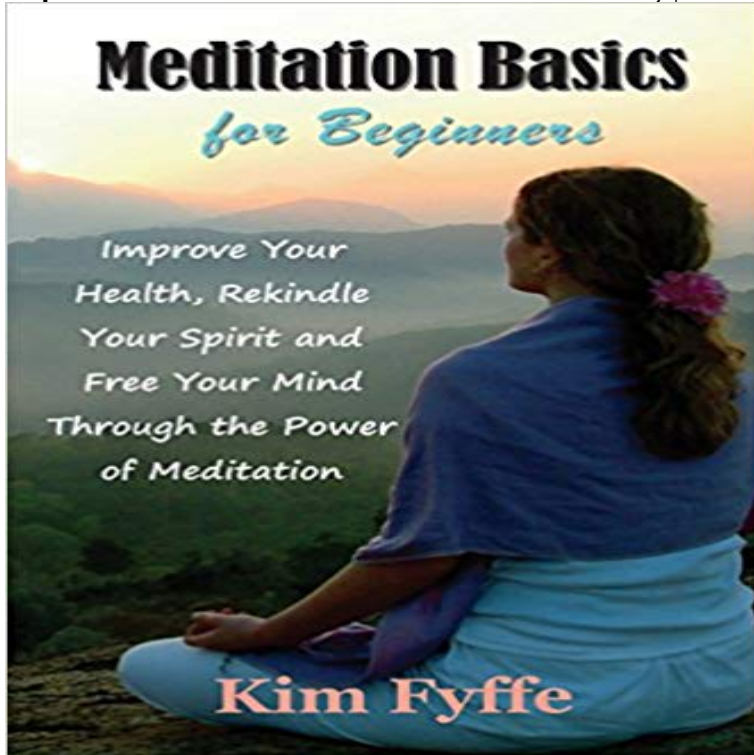


Meditation Basics for Beginners: Improve Your Health, Rekindle Your Spirit and Free Your Mind Through the Power of Meditation



Do you feel as if you are on a perpetual treadmill without an off button? When was the last time you took a time out to recharge and rejuvenate your body and mind? Kim Fyffe's *Meditation Basics for Beginners* will help you rekindle the spark and energy you thought you'd lost forever; via the incredible time-tested power of meditation. It's not magical, but given enough time and proper technique, meditation serves as a calming, stress-releasing and centering practice which will create a stable island of refuge in your hectic world. To help you understand the process, Fyffe walks you through a detailed explanation of the stages of the mind. Mastering meditation takes time and practice, but you don't have to master the highest level of meditation to experience benefits such as increased focus, stress reduction, and improved health. To increase the productivity of your session, Fyffe touches on such topics as:

- o selecting the right location for meditation practice
- o learning proper posture techniques for maximum concentration
- o choosing a meditation object

Fyffe starts out with a simple meditation exercise broken down into 9 distinctive steps. When you've mastered that basic meditation exercise, Fyffe offers alternative meditation methods to experiment with--ranging from walking meditation to transcendental meditation and more. Starting a meditation practice can appear overwhelming at first but the benefits outweigh the effort--and it's a whole lot easier when you've got a yoga expert like Fyffe breaking it all down for you. With *Meditation Basics for Beginners* firmly in hand you need not journey down the path to Enlightenment alone.

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