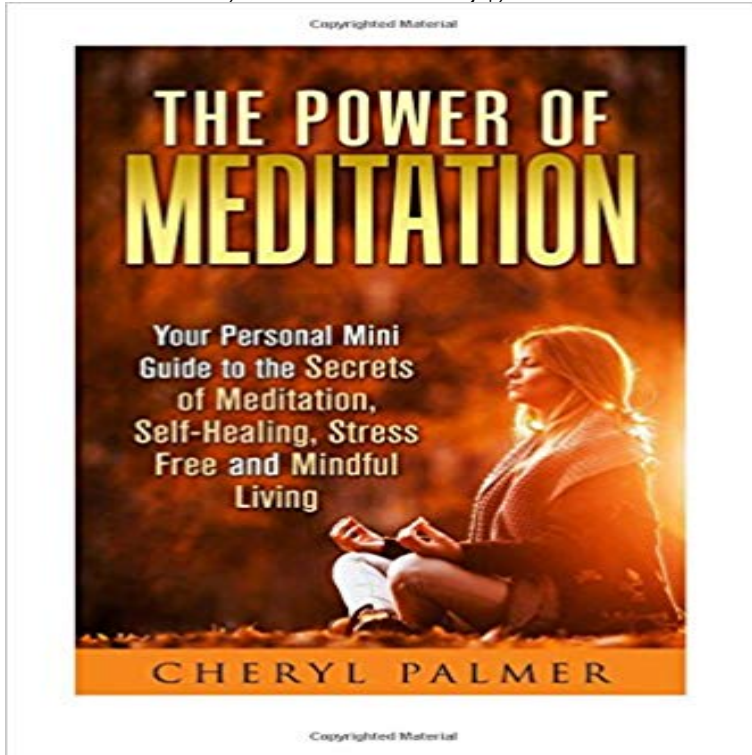


# The Power of Meditation: Your Personal Mini Guide to the Secrets of Meditation, Self-Healing, Stress Free and Mindful Living



This book has been formulated to help the beginners to learn the process of meditation, self-healing and how to live a stress free and mindful life without any problem or ambiguity in life. It has all the aspects regarding information how meditation can help you out in getting rid of tension in your life. Meditation is very important for bringing peace and tranquility to your life. If you really want yourself to be in peace, you can take help from meditation at any stage. The book is composed of an introduction and basic information about meditation followed by different types which are associated with meditation. These types have been discussed in detail so that you may get all the information regarding them and how to practice them. There are certain elements of meditating which have been mentioned in the book along with different ways by which you can practice the process of meditation without any ambiguity. Some useful tips have also been added to make it easier for you to learn and act upon meditation. The significance of all the methods of meditation and the useful techniques have also been added which will guide you through each step how you can be so much successful after going through this process.

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