



## Mindfulness Meditation for Beginners: From Zero to Zen in Ten - A No-Nonsense Starter Guide for Seekers and Skeptics (Paperback)

By Grace Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you have ever been curious about mindfulness meditation, then this book is for you. Learn how mindfulness meditation for beginners can transform your life in 10 MINUTES A DAY! Moving past the hype and getting straight into the best and easy strategies to practice mindfulness meditation, this is the perfect quick start guide for beginners. Even people who are experienced with mindfulness meditation will find something fun and new in this beginner's guide. The science is in, mindfulness meditation IMPROVES your brain, and your experience of life. And this no-nonsense guide makes it easy and fun! Learn the easiest strategies to achieve the following benefits of mindfulness meditation: reduced stress reduced anxiety and depression improved sleep improved overall sense of well being reduced blood pressure improved immune system functioning All of this and more, can be achieved with just 10 minutes a day of mindfulness meditation. This no-nonsense quick start guide will show you the best strategies to get started. No yoga mat or sitting in weird positions required! FOR A LIMITED TIME! This book comes...



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