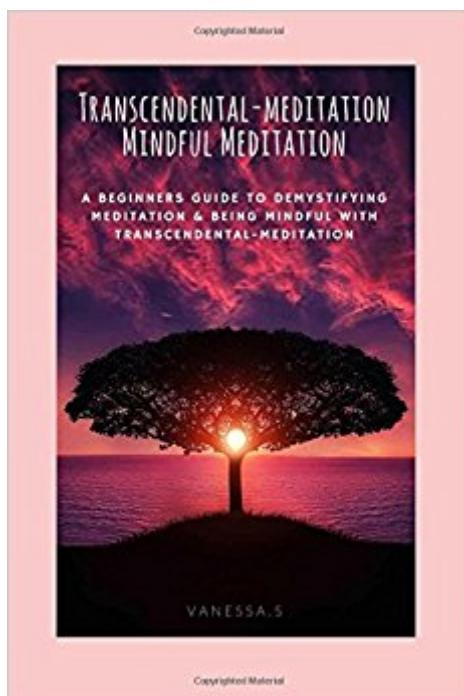


The book was found

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation



Synopsis

Incorporate Meditation Into Your Daily LifeWhy It's Important To Invest In This Book Right Now...If you are looking to begin meditating but don't know where to start Â , then it's important to not let anything stand in your way from doing it. Don't let a few dollars stop you from learning the simple secrets that could change your life while also enriching it.Â Can you put a price on your mental & physical wellbeing?

Book Information

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Customer Reviews

The author gives a detailed overview on meditation for people with different conditions (pregnant women, kids etc).It s a motivational read with a lot of insights.

I'm new to meditating, or at least I was. I love how complete and explanatory this is, it made everything so much easy and enjoyable.

A great book about transcendental meditation a topic . From now I am a very big fan of this Author. Easily understand and enjoyable

A very interesting and useful book about transcendental meditation. It is written simply and clearly. I advise everyone to read it.

I thought this was a very good book. I never knew much about Meditation until I read this book. I

love how complete and explanatory this is, it made everything so much easy and enjoyable.

This is a clearly-written, useful introduction to meditation. If you've read about meditation before, you won't find much new, but it's a lucid discussion of the topic. There are only two things I would criticize about the book: 1) It focuses too heavily for my tastes on the background/history of meditation. I would have preferred a more direct discussion of how to actually meditate, and the different methods. The book does get there, but it takes its time. 2) The formatting of the book needs to be revised. On my Kindle Paperwhite, there are large blank spaces and sentences cut apart. Another look should be taken at the book's formatting, as the Kindle format may have changed since it was first published. Other than that, I would definitely recommend the book for beginners.

This book opened me to understanding what mindful meditation really means and taught me how to be mindful of the 'now' and everything around me. I'm really not a fan of this before, but eventually, as I read and reread this book of Vanessa, I came to understand slowly its importance in my day to day life to maintain peaceful, happy and fulfilled life. The techniques said may be easy to follow but it is hard to maintain if you lack the discipline. But I promise you, from someone who's just a beginner with this as well, that it's worth practicing it and this book has really helped me a lot.

This is a wonderful guide to all things meditation. As someone with anxiety, I was looking for a solution that didn't involve pills. This guide really helps me explore various meditation options to deal with various sources of my anxiety. I loved learning about the history of meditation as well as various everyday benefits I didn't realize meditation could provide. It dispels a lot of the myths and meditation stereotypes that might make someone shy away from meditation and explains how everyone and anyone can live a better life through meditation.

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