



Ten Minutes to Deep Meditation: Techniques That Calm the Mind, Melt Away Bad Habits Relieve Anger, Depression, and Anxiety (Paperback)

By Michael Cavallaro

Atlantic Publishing Group (FL), United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. With today's demands and hectic pace, stress has become more common on a daily basis. Oftentimes, there are not enough hours in the day, and our `to do` lists grow longer and longer. It is no surprise that, according to a recent report by HiFX, the United States is the second most stress-ridden country in the world. With looming outside forces such as the depressed job market and the 9.4 percent unemployment rate, you need make a calm mind your priority. But when there is barely enough time for breakfast, it can be difficult to find time to balance your life. Ten Minutes to Deep Meditation is here to help. In a simple, step-by-step format, this book helps beginners increase focus and decrease stress through the art of meditation. According to a recent report from American Association of Naturopathic Physicians, meditation is a proven relaxation method that can lower blood pressure without chemical supplements. You will learn what meditation is (and is not), why you get stressed out, and how meditation can truly help calm your nerves. This...



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