



Meditation for Everyday Living

By Michele Meiche

Selfinlight, United States, 2007. Paperback. Book Condition: New. 198 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is packed with powerful tools and techniques for entering into the meditative state. In this book learn the inner process of meditation and breathwork. Learn to balance your life and center in body, mind and spirit. Learn to access your inner guidance for issues of health, relationship, career and all important areas of your life. You will learn to create a quiet calm state of mind to achieve clarity for decision making. You will also learn tools of self development and spiritual integration for personal growth, peace of mind and more fulfillment in your life. This book lives up to its title, Meditation for Everyday Living, in way that is easy to follow and simple to understand. More importantly, this powerful little book is like a guide on the side, who everyday assists the student of meditation in further developing their meditative practice. It can be used by a person new to meditation as well as the person who has been meditating for years. Michele Meiche gives simple and clear instructions, through numerous breath work exercises,...



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