



Meditation for Beginners: How to Meditate (As An Ordinary Person!) to Relieve Stress, Keep Calm and be Successful (Positive Psychology Coaching Series) (Volume 4)

Ian Tuhovsky

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Meditation is not only about crystals, hypnotic folk music, and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going "ommmmm...."

It is not a club full of yoga masters, Shaolin monks, hippies, and new-agers.

It is super practical and universal practice that can improve your overall brain performance and happiness!

-Looking to **be truly happy**... not just fake smiles anymore?

-Sick of being held up and helpless, a victim of terrible circumstance?

-Do you really want to be a **slave to your emotions** anymore?

-Are you so **depressed** and negative that no one really enjoys spending time with you?

Well, I was not necessarily talking to you, but if it speaks to you, you have picked up the right book!

Most People Walk Through Their Life In a Walking Daze

And I was too. I was constantly fighting everything going on in my life; with my mind. Day to day stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work, were enough to drain me. My boss, with his long nose hair, breathing down my neck about my productivity level was enough to deplete a person every day.

"What do I do? What will happen next? What if, what if, what if...?"

I could not even enjoy a second of my day because I was lost in worry and stress over what was going to happen next and what I could do to maybe control it.

In this book you will find techniques to step out of your thinking and allow your mind to finally rest.

When meditating, you take a step back from actively thinking your thoughts, and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active consciousness a break.

Just like your body needs it, your mind does too!

I give you the gift of peace that I was able to attain through present moment awareness.

In This Book I'll Show You:

-My favorite **meditation and mindfulness techniques** perfect for ordinary busy people like you and me -My

personal experience

- How **exactly do I practice** and how it helped me in so many ways
- How to maintain **stillness, peace and focus** in everyday life
- How to **stick to your meditation** practice and maintain high level of motivation
- The right mindset you should have to keep your brain and thoughts **healthy**
- A few simple things you can do to **instantly feel better and happier!**
- And many, many more!

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Chapter 2: Let's Get Started! Various types of Meditation/Guided Meditations

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From reader reviews:

Crystal Scott:

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Christine Hook:

Reading can called brain hangout, why? Because when you find yourself reading a book mainly book entitled Meditation for Beginners: How to Meditate (As An Ordinary Person!) to Relieve Stress, Keep Calm and be Successful (Positive Psychology Coaching Series) (Volume 4) your brain will drift away trough every dimension, wandering in most aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a publication then become one form conclusion and explanation that maybe you never get ahead of. The Meditation for Beginners: How to Meditate (As An Ordinary Person!) to Relieve Stress, Keep Calm and be Successful (Positive Psychology Coaching Series) (Volume 4) giving you a different experience more than blown away your mind but also giving you useful info for your better life in this era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary investing spare time activity?

Herbert Oakley:

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