



The Daily Meditation Ritual Lifestyle Meditation Techniques For Beginners The Best Kept Secrets About Meditation Techniques, Meditation Exercises, Meditation Transcendental Meditation

By Alecandra Baldec

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 136 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. In her book, The Daily Meditation Ritual Lifestyle, Alecandra Baldec is combining soul and spirit searching, flexibility and the modern lifestyle, and powerful meditation techniques in a very strategical and unique way and creates the ultimate effortless system for everybody who wants to enjoy a life with meditation. This book has been created for beginners and advanced users alike and it is perfect for people who have tried to integrate meditation into their life but have failed because of time constraints and modern life complexities. The book reveals the latest insights into the mind-body consciousness connection and how to make meditation work in today's world where time has become such a valuable resource. Especially watch out for the secret success ingredient that is going to be the connecting part and the reason why her system works so well for people who always lack time. This secret technique makes this system work for everyone who would love to enjoy a lifestyle with meditation. Many people who would love to lead a lifestyle with meditation are unable to go through...



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