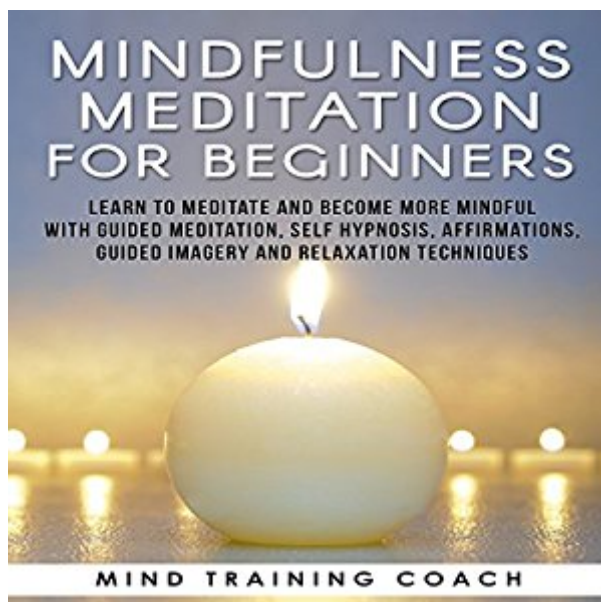


The book was found

# Mindfulness Meditation For Beginners: Learn To Meditate And Become More Mindful With Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery And Relaxation Techniques



## Synopsis

Learning to meditate can be as easy as pressing play. This meditation bundle guides you through easy meditations that will leave you feeling relaxed, rejuvenated, and more at peace. They can be used during any part of the day and are each about 15 to 20 minutes long. This bundle includes the following audiobooks: 1. Learn to Meditate: Meditation for Beginners with Mindfulness Exercises, Relaxation Techniques, Guided Imagery and Guided Mindfulness Meditation 2. Meditation Oasis: Mindfulness Meditation for Relaxation, Stress Reduction, Anxiety Relief, Self-Healing and Peace of Mind 3. Body Scan Meditation: Mindfulness Meditation for Stress Relief, Emotional Health, Anxiety Relief, Muscle Tension and Stress Reduction These meditations will help you: Instantly relieve stress Increase inner peace Achieve anxiety relief Practice mindfulness The first meditation has one session in four different setting options: Meditation on the beach Meditation during a rainstorm Meditation near a flowing creek Meditation near a waterfall The second and third meditation sessions have three background setting options: Peaceful solitude Epiphany Heavenly bliss Instantly get the benefits from meditation without the hassle of commuting to a classroom or investing hundreds for an instructor. Learn meditation whenever you want and as often as you desire.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 12 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Mind Training Coach

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Health, Mind & Body > Self-Help

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