



Ten Minutes to Deep Meditation: Techniques that Reduce Stress and Relieve Anger, Anxiety & Depression

Michael Cavallaro

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With today's demands and hectic pace, stress has become more common on a daily basis. Often, there are not enough hours in the day, and our "to-do" lists grow longer and longer. "Ten Minutes to Deep Meditation" is here to help balance your life.

In a simple, step-by-step format, this book helps beginners increase focus and decrease stress through the art of meditation. Meditation is a proven relaxation method that can lower blood pressure without chemical supplements. You will learn what meditation is, why you get stressed out, and how meditation can truly help calm your nerves.

Ten Minutes to Deep Meditation will easily instruct you of specific techniques and the process of analytical and placement meditation, where to focus your attention and what to contemplate to fully clear your mind of outside stress. This book also contains images of correct meditative postures and yoga stretches. Most importantly, this book explains how to steady and control your breathing to bring oxygen to your mind. Meditation specialists and real-life people who have experienced the benefits of meditation have been interviewed, and their expertise is dispersed throughout this book.

Best of all, this book is written to fit into your busy lifestyle. If you are looking for a natural way to ease your stress, Ten Minutes to Deep Meditation will help you focus your mind and balance your life.



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