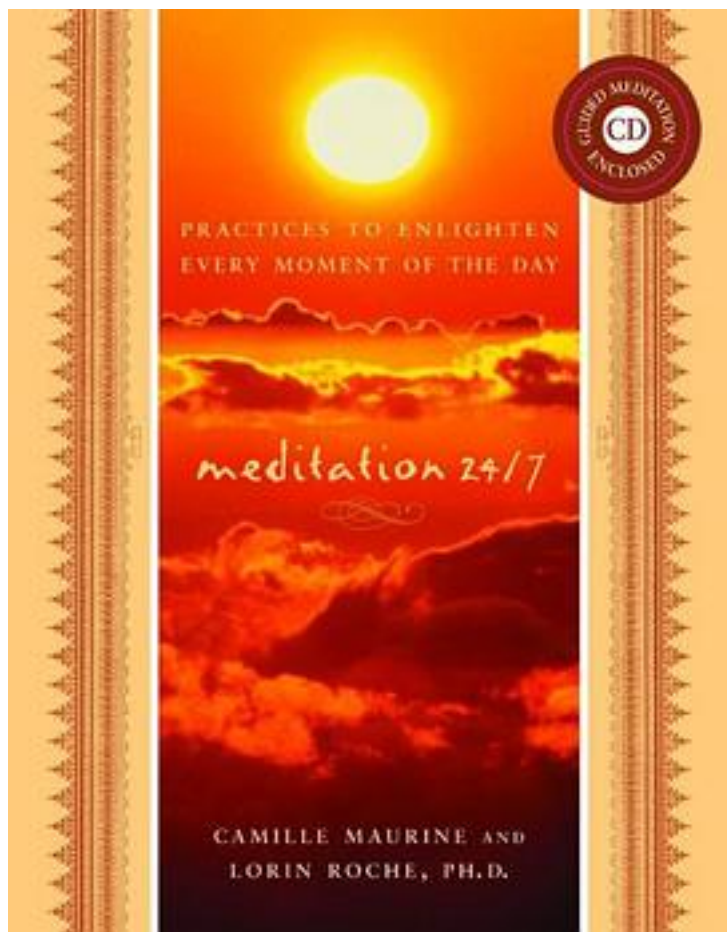


# Meditation 24/7



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Many misunderstand meditation as an ethereal state only achieved by the likes of monks and yoga experts. But its power is available to everyone, if they know how to tap into it. For those who have been curious, fascinated, or intimidated by the practice of

meditation, Meditation 24/7 is the perfect guide for mastering practical techniques for getting the most out of your daily walk through life. Just imagine... Eating a simple meal and taking great deilght in each bite. Lying down and relaxing so deeply that in a few minutes you are rested and ready for action. Walking and feeling the simple joy of movement as you stride along. Drinking your morning beverage with intense pleasure, as if it were an elixir of life. Rich moments like these slip past people every day because they're too distracted, fatigued, or stressed-out to notice or enjoy them. This book and CD ensemble gives you the easy-to-follow practices that will enable anyone to tap the full enjoyment from moments in time that too often flash by without being fully appreciated. With patented, easy-to-follow techniques such as "Fill Your Cup," "Wait Up," and "Groom and Zoom," Meditation 24/7 offers readers of all generations the chance for profound physical, mental, emotional, and spiritual enhancement.

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