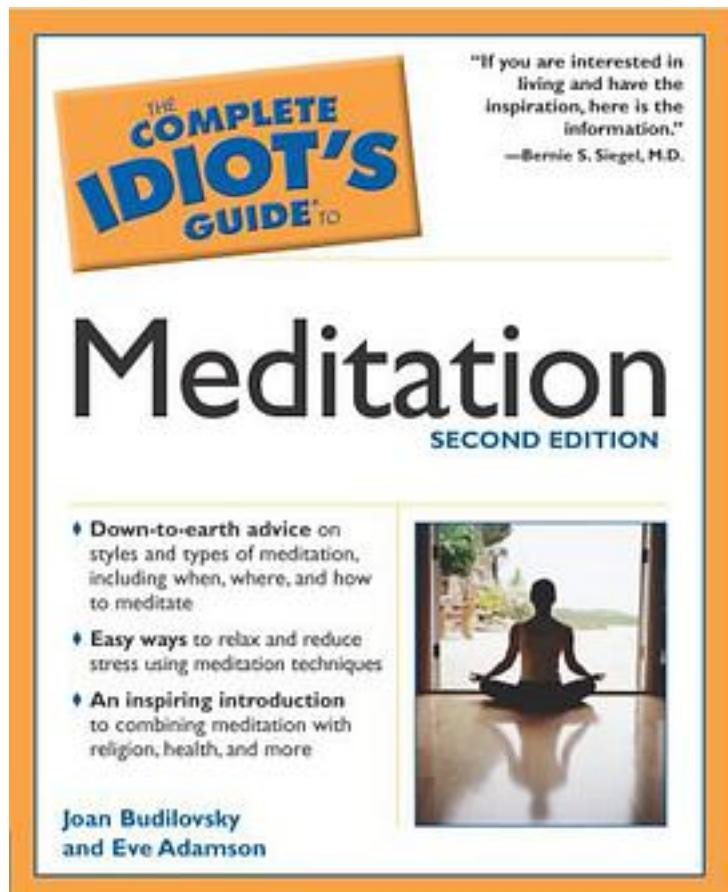


# The Complete Idiot's Guide to Meditation, 2nd Edition



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出版者: Alpha Books

出版时间: 2002-12

装帧: Pap

isbn: 9780028644417

In today's hectic times, it's more important than ever to learn to slow down, relax and be calm. Whether part of religious habit or just part of a daily routine, meditation can help slow the today's frenzied pace and improve feelings of good health, peace and

control. In The Complete Idiot's Guide(R) to Meditation, Second Edition, the authors explain how easy it is to enjoy the benefits of meditation including: simple stress-reduction techniques that make learning to meditate easier; incorporating meditation into day-to-day situations; common misconceptions about meditating; and special techniques from Zen to guided imagery to mindfulness meditation.

作者介绍:

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