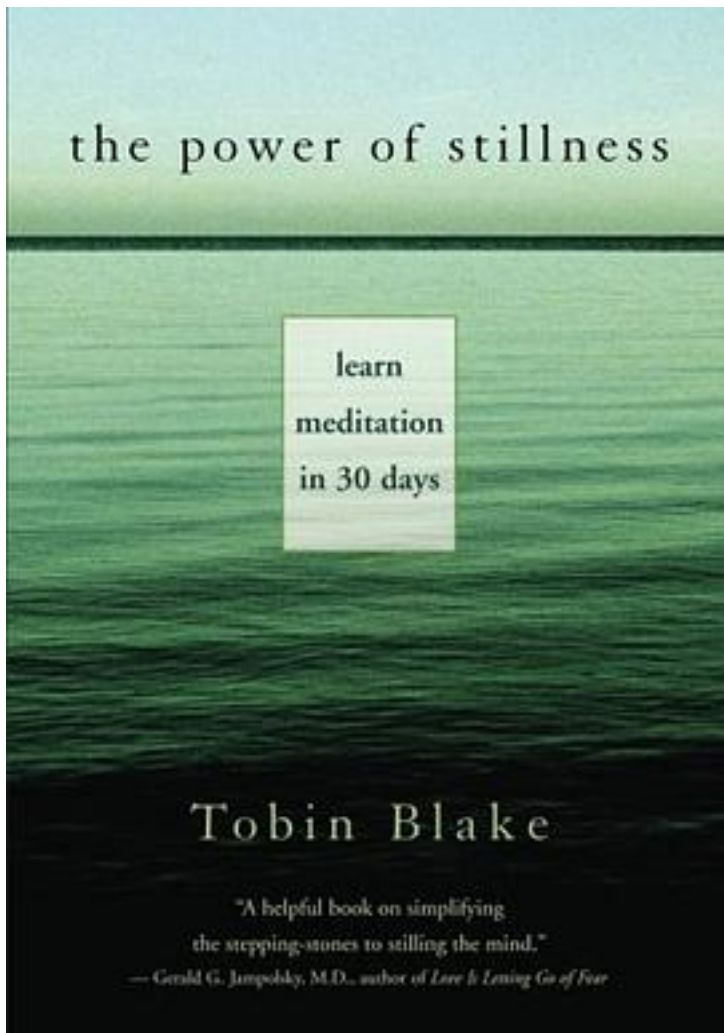


# The Power of Stillness



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Many people who are interested in meditation don't know what kind of meditation to

attempt or where to start. This book begins with a basic introduction to meditation, or "mind training" - what it is, how to do it, its numerous benefits, and the various ways it is practiced. In the second part of the book, the author offers a theme for each day, complete with a brief description of such things as mantras, breathing, chakras, movement and meditation, chanting, and stilling the mind. Each day's session concludes with a step-by-step explanation of how to use this knowledge to spend a few minutes in meditation. By the end of the 30 days, readers will have developed a daily habit and will have all of the tools they need to continue with their new practice.

作者介绍:

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