

# MEDITATION FOR BEGINNERS

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ISBN13: **9780340648353**

First Published:

Edition Format: **Paperback**

Book Language: **English**

Number of Pages: **88**

## BOOK DESCRIPTION

An introduction to the basic principles of meditation, this book offers instructions to enable the complete beginner to start meditating immediately. It provides practical advice on how to incorporate meditation into everyday life, claiming that the technique aids self-understanding and relaxation.

## ABOUT AUTHOR

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