



Meditation for Stress

By Nigel T. Powell

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Meditation For Stress offers a safe and yet effective treatment for the symptoms and causes of every day stress. The tried and tested formula is based on a form of meditation which soothes the mind through the use of thoughtless awareness or mental silence. By spending a few minutes each day practising this gentle yet powerful technique, you will find yourself more able to deal with the pressures of a stressful lifestyle, while enjoying enhanced mental, physical and emotional well-being. The book provides clear and concise guidance on how to: * Use meditation to sleep better and awake more refreshed and invigorated * Combine the meditation with simple exercises to dissolve stressful thinking * Develop a stronger, more dynamic attention to avoid negative thoughts and attitudes Research has shown that meditation can provide immediate and lasting relief from the mental strain caused by stress and anxiety. Meditation For Stress will help you harness those benefits in a clear and practical way.

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