



**MEDITATION BOX SET: Meditation For
Beginners: Learn Simple Meditation Techniques to
Increase Productivity And 55 Ways to Improve
Your Buddhist Meditation ... meditation books,
how to meditate)**

Alex Gill, Harry Richards, Kenneth Thompson, Jessica Green

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BOOK #1: Meditation For Beginners: 55 Techniques, Benefits & Beginner's Tips To Relieve Stress, Increase Productivity, And Access Deeper Awareness

Meditation dates back centuries, but recently millions of people are seeing the great benefits that meditation has to offer. Meditation has **numerous benefits** that help people in all situations. It doesn't matter what your occupation, meditation can **help to improve your life**.

In this book, we will talk about the following things to help you gain a better understanding of meditation and get you started on your journey:

- Ten Benefits of Starting Meditation
- How to Meditate in 16 Steps
- Nine Different Meditation Techniques
- 20 Meditation Tips for Beginners

BOOK #2: Meditation For Beginners: Meditate To Overcome Your Obstacles, Manage Stress Better, Increase Productivity, And Achieve a Silent Awakening

Meditation for Beginners is the first step in many to reaching wholeness, peace, and contentedness. Every day, men and women go about their business with unbelievable amounts of stress weighing on their shoulders, but it really doesn't have to be that way. Billions upon billions of dollars are spent on

pharmaceuticals to help ease stress and pain, yet the impact has only been marginal, it marches on ever smartly in our lives. Imagine something free, relaxing, and stress-relieving entering into your life - would you want it?

Meditation is all those things and this book will give you strategies, processes and ways to comfortably meditate to relieve stress, increase your productivity, and help you unlock the real you within.

BOOK #3: 12 Simple Meditation Techniques From Transcendental Meditation. Incredible Relaxation Techniques for Bringing Happiness and Harmony into Your Life

Many people these days are becoming more interested in meditation; and with good reason. So what is it about? Meditation can be anything you need it to be and there are hundreds of different schools out there. So why pick Transcendental Meditation? What makes it different from other meditations?

Transcendental Meditation is a mantra based meditation system using Guru Maharishi yogi's teachings. Choosing to mediate can improve your quality of life and give you the peace and understanding it seems you have been searching for.

BOOK #4: Buddhism for Beginners: 55 Ways to Improve Your Buddhist Meditation. Learn About Zen Buddhism, Buddhist Mantras, and Tantric Buddhism

Is Buddhism a religion? What does morality have to do with Buddhism? Who was this Buddha? What is the primary teachings of basic Buddhism? What are the "noble truths?" How do we gain and apply wisdom? What is Tantric Meditation? Do I have to forego my existing religious preferences?

Those questions and more will be answered within the pages of Buddhism for Beginners and answered in a manner that is easily understood and is not some etherial abstraction, but rather real-life experience and results.

Buddhism for Beginners is the ultimate guide for those interested in finding a new path of inner peace through Buddhism.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the

conclusion.

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