



Guided Meditation for Mindfulness and Clarity

Lisa Rogers

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This guided meditation audiobook is great for those who would like to appreciate the present moment, gain more clarity, and feel more relaxed. It takes beginners and veterans through the meditation for mindfulness and clarity via soft-spoken instructions throughout the audiobook.

This guided meditation session will help you:

- Live in the moment
- Inspire more moments of clarity
- Practice mindfulness
- Relieve stress
- Relax and unwind

This guided meditation session also includes:

- Soothing ocean waves
- Relaxing background music
- A gentle and soft spoken narration

Enjoy the benefits of living mindfully and in the moment. Learn how to focus your attention, calm the mind, and relax the body with this meditation.

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