



The Meditation 6 in 1 Box Set: Meditation for Beginners: Meditate to Relieve Stress, Anxiety and Depression and Return to the State of Inner Peace, Presence and Joy

Lillian Way, Lillian Gem, Larry Moss, Isabella Main, Linda Jackson, Elithabeth Nick

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Book 1 - Meditation for Beginners

The Ultimate Meditation Guide: Daily Meditations - How to Meditate to Relieve Stress and Depression. Experience the Benefits of Meditation - Be truly Happy and Peaceful.

This book Meditation for Beginners is the ultimate guide to meditation for beginners. It will help introduce a beginner to various types of meditation and their techniques. It will also enlighten them on the various benefits that they will derive once they start meditation. It is meant to be a resourceful guide that will help them take some time off their duties and unlock the power from within and without therefore helping them come to self actualization. This book will provide a step by step guide to getting into and maintaining a meditative life. After reading this book the reader should expect much more awareness.

Book 2 - Mindfulness for Beginners

Master The Art Of Living in the Now and Spiritual Awakening. Carpe Diem! How to be spiritual, live in the moment and be present at all times. Bonus chapter with Daily Meditations

Many people have had the enlightenment and if you had realized the truth of who you really are, life will never be the same. However, everyday life and busy schedule might take you away from living in the now to stress and overworking yourself. Living in the now is the only place where you can be truly happy. The book is your guide on how to live in the moment, be true to yourself and enjoy every single moment and be genuinely happy.

Book 3 - Reiki for Beginners

The Ultimate Reiki Guide: Reiki for Beginners - Master Reiki Healing, Strengthen Body & Spirit, Improve Health and Increase Energy (Reiki, Chakras, Aura, Reiki Symbols)

This book is the beginners guide to the Reiki as a long passed tradition and healing discipline. It will provide the reader information concerning the various healing positions and procedure using Reiki. It will bring the user up to speed by providing them the history and the paths through the Reiki culture and healing practices has been passed through from generation to generations and the developments along the way. It will enlighten the use on the various applications of Reiki and the benefits they will derive from it therefore leading them to a prosperously, healthier and happier life.

Book 4 - Chakras for Beginners

The Ultimate Guide to Chakra Healing! Learn How to Balance Chakras, Meditate, Strengthen Aura, and Radiate Energy (Reiki, Yoga, Chakra Balancing, Healing, and Meditation)

The book is the ultimate guide to chakra healing. It will introduce readers to the chakras, make them understand what the chakras are, where they are located and their roles in our bodies and life. The book will further enlighten the reader about the various chakras and how they can be able to open, heal and balance the chakras to bring about a well nurtured holistic body. The book will introduce the reader to the various yoga exercises they can indulge in to bring the balance required in the body and chakras and further guide them through a meditation sequence for the same.

Book 5 - Self Hypnosis for Beginners

The Ultimate Self-Hypnosis Guide: Change your Mindset - Change your Life with NLP and Hypnosis! Bonus with FREE Self-Hypnosis

Scripts. (Self Hypnosis for Weight Loss)

This book covers hypnosis in its entirety with the intention of providing an alternative method of dealing with your health problems. Learning how to do it yourself ensures sustainability of positive results.

Book 6 - Buddhism for Beginners

The Ultimate Buddhism Guide: The Buddha's 4 Noble Truths as a Path to Enlightenment and A Life Of Happiness, Mindfulness & Peace! (Buddhism for Beginners, Zen)

This book is a beginner's guide to Buddhism. It will introduce the reader to the origin of Buddhism and the teaching passed through the discipline.

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James Drake:

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Daniel Caudle:

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