



## 5-Minute Habits for Meditation: A Beginners Guide to Easily Change Your Life by Incorporating Meditation and Mindfulness in Your Daily Tasks

By Charles Duncan

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Easily Change Your Life By Incorporating Meditation and Mindfulness In Your Daily Tasks Do you want more happiness and peace in your life but you re too busy to find out how? You can be happier, healthier and have more success in your life by easily creating a meditation habit. In this book I ll show you step-by-step exercises to help you quiet your mind and learn to focus which can completely change your life! Maybe you ve heard people talk about the amazing powers of meditation. Or you ve read stories about how successful people have used the hidden powers of meditation to transform their life. You might have even read blogs or other books that tried (using old methods) to teach you how to meditate, but when you tried, it was incredibly frustrating and not peaceful at all. If that sounds like you, then don t worry because you are not alone--most people feel this way. Traditional meditation is not an easy skill to master. Some say it takes years, if not a lifetime to master...



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