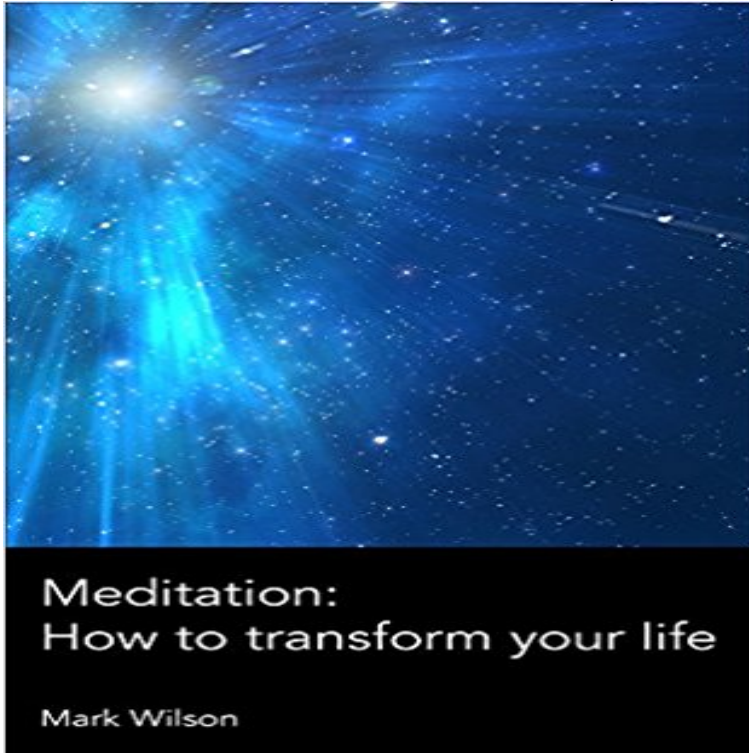


Meditation: How to transform your life



Meditation: How to transform your life is a fully-inclusive ethical guide to a greater lifestyle. If you want more from life, or if you suspect that your potential isn't being realised, then the modern application of forgotten ancient techniques as explored in these pages can transform your life. This brand new title is an exploration of the universe around you, how you're continually subconsciously interacting with it, and how you can harmonise with it to attract good feelings, nice things, and amazing experiences into your life. In the book you'll see: * How science is beginning to endorse some of humankind's most ancient spiritual beliefs * The new science insights that are explaining how all living things really are connected * How meditation works, and why humans have been doing it for thousands of years * The right way and the wrong way of applying your brainpower, and why you'll never improve your life if you use the wrong way * Why the law of attraction doesn't seem to work for so many people, and yet how easy it is to make it work for you * Embark on a fascinating journey into the mysteries and benefits of meditation * Learn exactly how to achieve the level of relaxation required to skyrocket your meditation results * Use these powerful, ethical and natural mantras to transform your life. As a one-time born worrier, I'm extremely familiar with those horrible debilitating feelings of anxiety, stress, and fear. But since my own personal epiphany a few years ago when I learned how easy it was to simply stop worrying unnecessarily, and discovered how to attract deep levels of happiness into my life, I've dedicated my time to understanding more about how we interact with the universe around us. And, more importantly, how we can synchronise with the universe around us in ways that can attract happiness and satisfaction into our lives rather than the all-too-familiar crippling anxiety that so many people

suffer with. Meditation: How to transform your life is a unique book. By synthesising many aspects of cutting edge science with the most ancient of human beliefs, a formula for transforming your life becomes apparent. That formula is meditation combined with the law of attraction, but in a very specific way. This is a book that isn't vague or ambiguous; practical methods and techniques for improving your life are described in great detail. And what's more, even if you don't ever put any of the techniques into practice, just simply reading this book will change the way you look at your life; which in itself will improve your life! Enjoy your journey! P.S. Look Inside before you buy...click on the book cover above to read the first 2 chapters for FREE!

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