



# The Complete Idiot's Guide to Short Meditations (Idiot's Guides)

*Susan Gregg*

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*The answer lies within.*

*The Complete Idiot's Guide to Short Meditations* offers you a variety of simple - yet powerful - meditations designed to improve quality of life by quieting the mind. This book shows you how to feel like you have more time, how to enjoy life more deeply and passionately, and how to handle everyday life without stress.

--Step-by-step exercises ease readers into meditation techniques

--Includes short meditations that can be done anywhere, anytime

--Meditations progressively build, gradually leading toward a deeper connection with the self while working at the reader's own pace

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