



Life in Life: Live Longer, Strengthen Your Relationships, and Create a Healthier Life: A Meditation Journal

Laurie Ann Levin

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Illuminate your spirit. Cherish your well-being. Become a source of positivity in the world. Find your life in life.

For centuries, experts have extolled the virtues of meditation, and countless people have used it to become happier, live longer, strengthen relationships, and create healthier lives. Studies show that just a few moments of meditation each day can be extremely beneficial to overall well-being.

In *Life in Life*, Dr. Laurie Ann Levin, award-winning author and renowned holistic psychologist, guides you effortlessly into loving yourself through meditations that spark connection to your highest self. An interactive, easy-to-use, personal journal, *Life in Life* will inspire individual exploration and spiritual expansion with exercises that build insight, intuition, and a capacity for calm.

Almost all of us struggle with destructive thinking and toxic self-criticism. *Life in Life* can help you overcome past traumas in your career, relationships, health, and love. Whether you are beginning your journey or have experience meditating, *Life in Life* will elevate you to a new level of wholeness. The exercises in this journal can be done anywhere, anytime, in private, with a partner, or in a group.

Let *Life in Life* guide you on your daily journey toward well-being as you learn to love . . . both yourself and others at the same time.

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