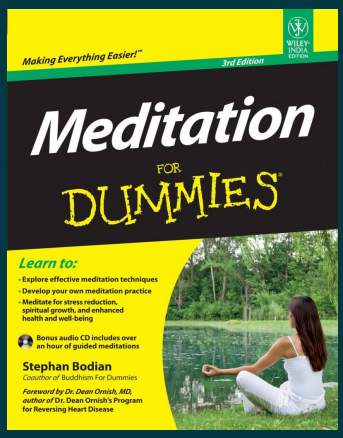
WILEY



Meditation for Dummies, 3ed

By Stephan Bodian

Paperback	9788126538744	**₹429.00**

Pages: 384

Description

Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life.

Table of Contents

· Getting Acquainted with Meditation

· Getting Started

· Troubleshooting and Fine-Tuning Your Practice

· Meditation in Action

· The Part of Tens

· Appendixes

To purchase this product, please visit:
https://www.wileyindia.com/meditation-for-dummies-3rd-ed.html

Scan to buy