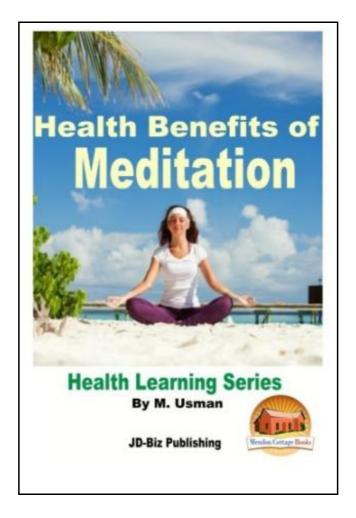
# Health Benefits of Meditation - Health Learning Series (Paperback)



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#### Reviews

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book. (Lonzo Wilderman)

## HEALTH BENEFITS OF MEDITATION - HEALTH LEARNING SERIES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Health Benefits of Meditation - Health Learning Series Table of Contents Preface SECTION I - Getting Started Chapter # 1: Intro Chapter # 2: Why Meditate? Chapter # 3: Types of Meditation Chapter # 4: General Guidelines to Meditation SECTION II - Benefits of Meditation to the Brain Chapter # 1: Behind the Scenes Chapter # 2: Better focus Greater Emotional Response Chapter # 3: More Creativity and Better memory Chapter # 4: Less Stress Anxiety SECTION III - Benefits of Meditation to the Body Chapter # 1: Better Immunity Chapter # 2: Control on Blood Pressure Chapter # 3: Pain Relief Chapter # 4: Improved Digestion Chapter # 5: Cure Headaches Chapter # 6: Overcome Addictions Chapter #7: Lower Cholesterol Levels SECTION IV- Conclusion References Preface Social pressure, packed schedules and flailing economies; who has time or the money to even think, let alone practice any type of fitness or health regime. Even those who have the gift of time soon find themselves stuck in the web of, what is mostly an artificial and synthetic dieting market, not realizing they would totally be at the mercy of the industry that s just out there for their money. In this deranged scene, a world wide revival was made by an art, practiced for over a thousands of years, meditation. Shooting to fame in the 60s, meditation has been the subject of thousands of scientific studies, with the most heavy ones being taken after the 70s. What is meditation? When most people listen to the word meditation, the image of a Buddhist monk sitting in a weird position comes to mind. This, no doubt...

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