



**Meditation for Beginners: How to Relieve Stress,
Stay Focused, Concentrated, and Happy
Everyday: Positive Psychology Coaching Series,
Volume 4**

Ian Tuhovsky

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Meditation doesn't have to be about crystals, hypnotic folk music, and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going "ommmmm...." It is not necessarily a club full of yoga masters, Shaolin monks, hippies, and new-agers. **It is super practical and universal practice, that can improve your overall brain performance and happiness.**

- Looking to be happy... not just **fake smiles** anymore?
- Sick of being held up and helpless, a **victim of terrible circumstance?**
- Do you really want to be a **slave to your emotions** anymore?
- Are you so **depressed and negative** that no one really enjoys spending time with you?

Well, I was not necessarily talking to you, but if it speaks to you, **you have picked up the right book!**

Most People Walk Through Their Life In a Walking Daze. I was too. I constantly fought everything going on in my life with my mind. Day to day stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work were enough to drain me. My boss, with his long nose hair, breathing down my neck about my productivity level was enough to deplete a person every day. I could not even enjoy a second of my day because I was lost in worry and stress over what was going to happen next and what I could do to control it.

In this book you will find techniques to step out of your thinking and allow your mind to finally rest. When meditating, you take a **step back from actively thinking your thoughts**, and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active consciousness **a break. Just like your body needs it, your mind does too!** I give you the **gift of peace** that I was able to attain through present moment awareness.

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From reader reviews:

Jill Goulet:

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Bruce Patton:

As people who live in the actual modest era should be update about what going on or details even knowledge to make them keep up with the era and that is always change and make progress. Some of you maybe will update themselves by reading books. It is a good choice for yourself but the problems coming to anyone is you don't know which one you should start with. This Meditation for Beginners: How to Relieve Stress, Stay Focused, Concentrated, and Happy Everyday: Positive Psychology Coaching Series, Volume 4 is our recommendation to cause you to keep up with the world. Why, because book serves what you want and wish in this era.

John Parish:

Are you kind of busy person, only have 10 or even 15 minute in your time to upgrading your mind talent or thinking skill even analytical thinking? Then you are having problem with the book than can satisfy your limited time to read it because all this time you only find book that need more time to be read. Meditation for Beginners: How to Relieve Stress, Stay Focused, Concentrated, and Happy Everyday: Positive Psychology Coaching Series, Volume 4 can be your answer as it can be read by you actually who have those short spare time problems.

William Bell:

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