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Discovering the World of Meditation (Paperback)

By Jennifer Goodwin

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Everyone may wonder what meditation is. Meditation means to be fully aware of every moment and feel all the sensations, thoughts and emotions a human body can think of or have. It is an attitude that is advocated most of the time by the arousal of wisdom in each of us. Meditation is often used as a kind of therapy for many people who fall under depression and it frees their souls from the constraints of their societies and their bodies as well. And it has been proved to be the interest of many neuroscientists and psychologists because of its positive effects on the human mind and soul as well as it promotes a mental state that enables to protect against us stress and depression. Meditation is about mindfulness, it teaches how to focus on the present moment, it makes the human body master his feelings as well as the internal perceptions. Meditation is spreading all over the world as if it becomes a doctrine or a discipline and it has many positive consequences on health, and in particular it...

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