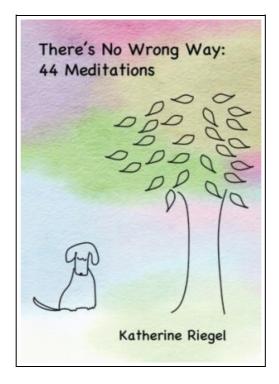
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(Prof. Elody D'Amore)

THERE S NO WRONG WAY: 44 MEDITATIONS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Ever wanted to try meditation, but thought you weren t capable? Ever tried and decided you failed? This book lays out 44 suggestions for different types of meditation, and helps define meditation and mindfulness in the process. It s fun, often light-hearted, and full of hope. SOME EXCERPTS: ** First, what is meditation?.For the purposes of this book, meditation is an activity that brings your attention to the present moment. Some practitioners would call this mindfulness. ** [Meditation is] as delicious as chocolate cake, as absorbing as video games, as relaxing as lying down. A little meditation gives you a burst of wellbeing. The key to meditation as fun? Resisting the shoulds. ** Stoplight meditation: When you re driving and you come to a red light, instead of fretting about being stopped, remember that your fretting will not affect the light at all. It will turn green when it turns green; you cannot control it. So drop your shoulders and take a deep breath, all the way in, all the way out. ** Aquarium meditation: Go somewhere that has an aquarium and watch the fish. Watch the bubbles. It s a whole different world in there, far from your worries about car insurance and the price of cupcakes.

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