



Mindfulness Meditation for Beginners: Learn to Meditate with Mindfulness Exercises, Guided Imagery, Relaxation Techniques and Guided Meditation

M. Coach

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This is the SCRIPT version of the audiobook bundle, “Mindfulness Meditation for Beginners: Learn to Meditate with Mindfulness Exercises, Guided Imagery, Relaxation Techniques and Guided Meditation.” The audiobook version is highly recommended for the full effect.

Meditation is an easy way to let go of daily stress, unwind and refresh your mind. This bundle includes a beginner’s meditation and an oasis meditation that will help transport you to a blissful world made just for you. Each meditation is 15-20 minutes long.

This bundle includes the following audiobooks:

1. Learn to Meditate: Meditation for Beginners with Mindfulness Exercises, Relaxation Techniques, Guided Imagery and Guided Mindfulness Meditation

This meditation will help you:

- Instantly relieve stress
- Increase inner peace
- Achieve anxiety relief
- Practice mindfulness

This meditation has one session in four different setting options:

1. Meditation on the beach
2. Meditation during a rainstorm
3. Meditation near a flowing creek
4. Meditation near a waterfall

2. Meditation Oasis: Mindfulness Meditation for Relaxation, Stress Reduction, Anxiety Relief, Self Healing and Peace of Mind

This meditation session will help you:

- Rejuvenate your mind and body
- Relieve stress and anxiety easily
- Instantly improve your mood and lower stress levels

This audiobook consists of one meditation session with three different soundtrack options:

1. Peaceful Solitude

2. Epiphany
3. Heavenly Bliss

Escape the daily grind and elevate yourself to a more relaxed and euphoric state of mind with meditation.

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Ann Reiter:

What is your hobby? Have you heard this question when you got students? We believe that that problem was given by teacher with their students. Many kinds of hobby, Every person has different hobby. So you know that little person just like reading or as looking at become their hobby. You need to know that reading is very important as well as book as to be the issue. Book is important thing to incorporate you knowledge, except

your personal teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you choose to adopt be your object. One of them is this Mindfulness Meditation for Beginners: Learn to Meditate with Mindfulness Exercises, Guided Imagery, Relaxation Techniques and Guided Meditation.

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