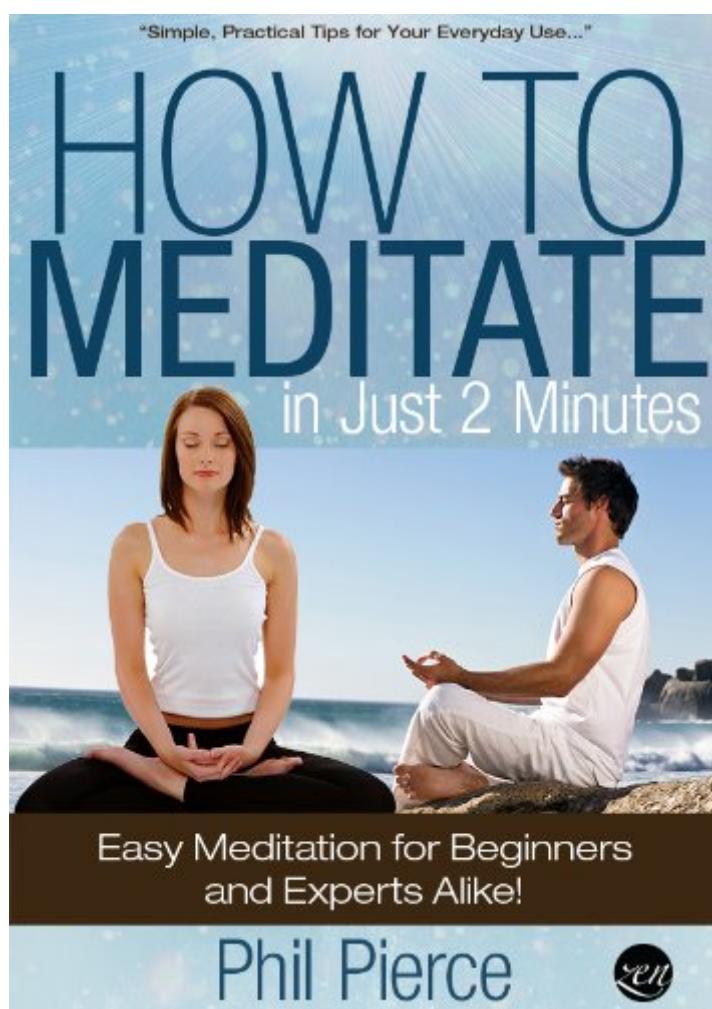


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# How To Meditate In Just 2 Minutes: Easy Meditation For Beginners And Experts Alike. (Practical Stress Relief Techniques For Relaxation, Mindfulness & A Quiet Mind)



## Synopsis

Finally! An easy way to discover the power of meditation...in just two minutes. The No.1 Bestseller - get your copy now! You may already know that meditation and mindfulness can increase focus, reduce stress, quiet the mind and improve your health. The problem is that many meditation methods require long hours and intense effort while guides can be heavy and full of complex ideas. So how can you use the simple power of meditation to improve your body and mind today, without the jargon? Clearly you need more than just the techniques, you need the right kind of techniques. Not just the ideas behind meditation but a super-simple, step-by-step guide to gently focus your mind in a matter of minutes...not hours. As a bestselling author and well-being coach, I've been lucky enough to work with some of the best experts around the world. With input from top practitioners and researchers I discovered easy meditation and mindfulness tactics that can be effortlessly used by everyone, whatever your background. This is 'How to Meditate in Just 2 Minutes'... and in just 120 seconds it can improve your body and mind. What Is 2 Minute Meditation? 'How to Meditate in 2 Minutes' is a simple, easy-to-use guide to focusing your brain and body. Moreover, it gives you the proven scientific benefits of mindfulness without needing to understand complex theories of religion or psychology. Whilst traditional guides can be heavy and difficult to follow, 'How to Meditate in 2 Minutes' is a simple, tactical approach. Perfect for busy people in the modern world. Stressful, nerve-wracking days become a walk in the park when transformed using the right techniques. A busy and cluttered mind becomes focused and clear. Would you like to know the quickest and easiest way to experience the incredible benefits of meditation? The Easy New Way To Get Started with Meditation Inside 'How to Meditate in 2 Minutes'... you'll discover... How to begin meditating - the easy way. The 'trick' to relax anywhere and quiet your mind. The truth behind meditation. (and why it's easier than you think). 7 Easy and Effective methods for meditation. The amazing new proven benefits of Mindfulness. How to choose the right way to relax (Just for you) How to unlock your brain's potential. The biggest 'mistake' most people make...and how to easily avoid it. The best body positions for your meditation. And much more! Want To See For Yourself Meditation Can Transform Your Day? Click and get your copy of 'How to Meditate in 2 Minutes' now to see you've been missing! Tags: Meditation, Mindfulness, Sports Psychology, Mental Toughness, Mental Training, How to Meditate, Meditation for Beginners and Meditations for Relaxation, Mindfulness, Yoga, Tai Chi and Zen

## Book Information

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## **Customer Reviews**

Meditation is often thought of as a long and drawn out process, this book explains how to meditate in bite-sized chunks of time. I have never been too interested in this topic before, but after trying these techniques, I am impressed with how much can be accomplished in 2 mins, and how much more productive I can be with that extra focus. Recommended!

I have never tried meditation because I thought it would be to hard and take hours to accomplish anything of value, but this book shows a introductory method that only takes 2 minutes, hell even I could find 2 minutes a day for something so beneficial. I do have to warn you, once you do this as he explains those two minutes will become 10, 20 or 30 but by then time is something completely different to your mind.

I have used meditation for over 20 years, but have recently gotten out of the habit. Like everyone else, there are just too many things to do. I had gotten used to spending up to an hour in daily meditation and have used that excuse recently to not do anything. I truly expected to find fault with this book, but found it inspiring. I'm now back up to 10 minutes/day after starting with the "Body Scan Meditation." I then moved into "Visualization Meditation," which is what I really like to do. With

just a little regular practice, I'm back in the groove. I see this as an excellent resource for the beginner due to the background of meditation that is included and what it can do for you. The techniques included are easy enough for anyone and there's a nice selection, so you're not stuck with just a single technique. Choose one to start and if you do it on a regular basis, you'll soon find yourself able to achieve the meditative state anywhere, anytime - instant stress buster.

The title of the book doesn't do it justice. I don't think it reflects the quality & quantity of information it contains. The author really knows everything there is to know about meditation and refreshingly able to put over this knowledge in a clear & easy to understand way. Unfortunately, in other similar books I often find knowledgeable authors have difficulty in explaining things in plain english. One more point I'll make is that it's good to see the book so well formatted with professional photographs. Authors generally don't realize the difference this makes. I'm impressed with the wealth & quality of information this book contains. I'll know I'll be referring back to it.

I am glad that I took the time to explore this book. Though I have practiced meditation for most of my life, it has inspired me to double my efforts. I learned a lot, including a few new methods to practice and several great benefits which I had never previously considered. Anyone interested in beginning or furthering their meditation practice would be wise to read this book .

This was an easy read for everyone. Having never meditated before, I wasn't sure how easy it would be to quiet my mind. I have used the 2 minute meditation twice already today. It really works:) And I love how he emphasizes that meditation can be utilized in different ways, in different settings and still achieve relaxation. I was amazed at the health benefits:) Thank you!

Bought a large quantity of these for friends who poo, poo this practice. One like's the product, the rest of my friends, who knows. I know it works, and a little more knowledge is always helpful. I liked it!

Very nice explanation of what meditation is, how to do it, and how to incorporate it into your daily routine. I recommend this book to others.

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