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Par Ilan Bendelman

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before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Meditate in 30 Minutes: A Clear Guide For A Clear Mind (English Edition):

Commentaires clientsCommentaires clients les plus utiles0 internautes sur 0 ont trouvé ce commentaire utile. Short and sweetPar David NirExcellent. Short and practical, going straight to the point. Great for beginners, and even if you have been doing it for a while, as it reminds you of the essential. I wholeheartedly recommend it !

Présentation de l'éditeurThoughts running through our heads can prevent us from fully enjoying life, and can even keep us up at night preventing us from enjoying sleep. It's time to change that.Ancient civilizations have used meditation for thousands of years, and now we are seeing a massive trend of top CEOs and athletes starting to use this very same mind-clearing method to increase their performance, and excel at anything they place their focus on.Join me as I guide you through a super-straightforward tutorial that will have you meditation-ready in 30 minutes or less.Présentation de l'éditeurThoughts running through our heads can prevent us from fully enjoying life, and can even keep us up at night preventing us from enjoying sleep. It's time to change that.Ancient civilizations have used meditation for thousands of years, and now we are seeing a massive trend of top CEOs and athletes starting to use this very same mind-clearing method to increase their performance, and excel at anything they place their focus on.Join me as I guide you through a super-straightforward tutorial that will have you meditation-ready in 30 minutes or less.

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