



## Zen Meditation Magic Secrets to Finding the Time for Peace of Mind, Every Day

By Jennifer Brooks

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 108 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Did you always want the benefits of meditation without the required 20 to 30 minutes of sitting doing nothing? Perhaps you would love to meditate but find it difficult to relax your body long enough. Or maybe it's your mind that careens out of control, refusing to think of nothing. What if someone told you that you could get all the rewards of meditation—the health benefits, sharpened focus, a boost in memory—without the need to sit chanting some mantra for up to a half hour a day? *Zen Meditation Magic: Secrets to Finding the Time for Peace of Mind, Every Day* provides you with practical, proven, and powerful meditative remedies to your stressful lifestyle. While it shows you how to meditate in the common 20-minute sessions, it also provides you with methods to grab minutes of Zen contemplation. Making Zen meditation a part of your daily life is easy. This groundbreaking book shows you how to take a Zen mindfulness break you can access when you're driving, drinking your morning coffee, even carrying out a conversation....



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