



# The Complete Idiot's Guide to Meditation (2nd Edition)

*Joan Budilovsky, Eve Adamson*

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## **The Complete Idiot's Guide to Meditation (2nd Edition)** Joan Budilovsky, Eve Adamson

You're no idiot, of course. Sometimes you just want to relax, clear your head, rest your aching muscles, and rejuvenate your weary soul. You've heard meditation is a great stress reliever, but sometimes it seems so complicated it makes you downright uptight.

Relax! Meditation is easy to learn—especially if you rely on The Complete Idiot's Guide® to Meditation, Second Edition, as you follow the path to inner peace. In this Complete Idiot's Guide®, you get:

- Zen techniques, including guided imagery and mindfulness, to help you meditate effectively.
- Tips for learning how to use meditation in daily life, including stressful situations, exercise, and fatigue.
- An easy-to-understand explanation of the connections between meditation, sleep, and dreams.
- Expert advice on how and when to meditate and detailed drawings and diagrams for breathing, positions, and more.
- Techniques for meditating to music or modern chants.



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