



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

*Joan Budilovsky, Eve Adamson*

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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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