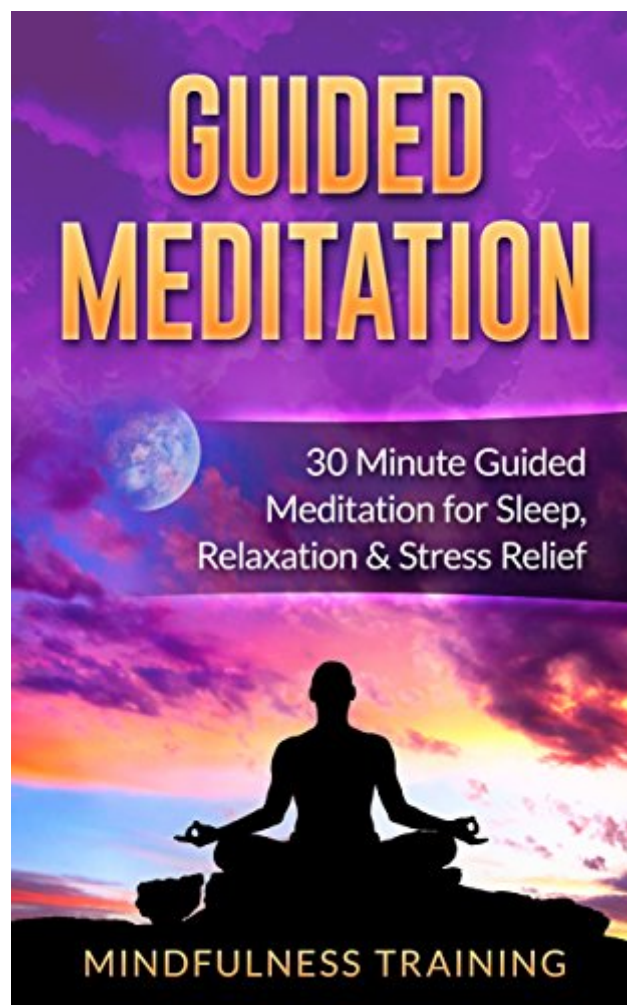




The book was found

Guided Meditation: 30 Minute Guided Meditation For Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques)





Synopsis

Learning to meditate can be easy. With this guided meditation script, you can practice at home or on the go, learning to destress your clients, friends, and family. This meditation script will help you: Instantly relieve stress Increase inner peace Achieve anxiety relief Practice mindfulness

Book Information

File Size: 1925 KB

Print Length: 12 pages

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in Â Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

I read this to help me fall asleep.

This item is exactly as described!

I listened to the Audible audio of this meditation. I've been meditating for several years and I love guided meditations. This one resonated very well for me and I even use guided meditations for pain relief. I used this one during a particular time of day that's generally stressy for me and was left feeling refreshed and relaxed. That right there for me is worthy of 10 stars. The woman guiding the meditation sounded good to me. She spoke clearly, slowly, and was soothing. There are some

major names in guided meditations of whom I can't meditate with because of their voices. Along with her 'easy on my ears' voice, the ambient music sounded good and neither overpowered the other. Recommended. I was given a copy of this book free of charge by the author, narrator or publisher in exchange for an honest review through Audiobook Boom.

I hope this is okay, I haven't received it yet so I can't comment.

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