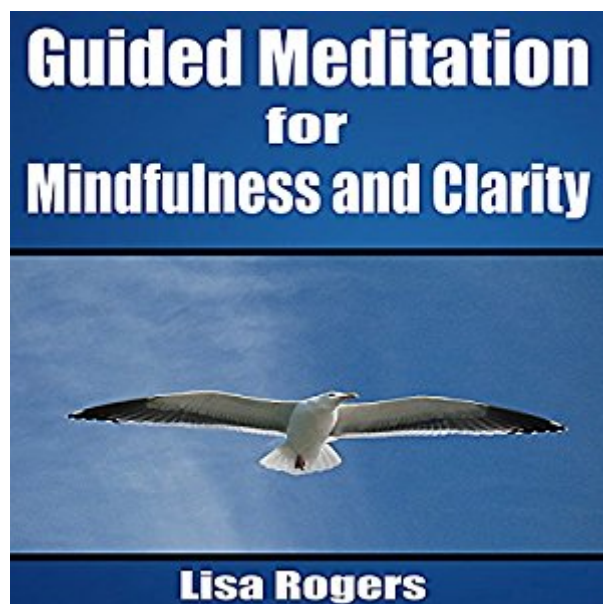


The book was found

Guided Meditation For Mindfulness And Clarity



Synopsis

This guided meditation audiobook is great for those who would like to appreciate the present moment, gain more clarity, and feel more relaxed. It takes beginners and veterans through the meditation for mindfulness and clarity via soft-spoken instructions throughout the audiobook. This guided meditation session will help you: Live in the moment Inspire more moments of clarity Practice mindfulness Relieve stress Relax and unwind This guided meditation session also includes: Soothing ocean waves Relaxing background music A gentle and soft spoken narration Enjoy the benefits of living mindfully and in the moment. Learn how to focus your attention, calm the mind, and relax the body with this meditation.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 12 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Lisa Rogers

Audible.com Release Date: April 22, 2015

Language: English

ASIN: B00WIQOIWK

Best Sellers Rank: #390 in Books > Self-Help > Hypnosis #3389 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #4027 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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