



## Meditation Motivation - A Quick Tour of Buddhism and 20 Easy Tips to Create a Daily Practice

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By Mia Randall

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Paperback. 70 pages. Dimensions: 7.8in. x 5.2in. x

0.4in. Struggling to meditate daily Meditating regularly can be very difficult to do, especially when we are busy. However, to really experience the benefits of meditation, a regular practice is essential. In this book, Mia guides the reader on a journey towards a more firmly grounded practice that can withstand the obstacles that we all, from time to time, put in the way of our meditation practice. By looking at the Four Noble Truths and the Noble Eightfold Path, we learn how meaning and purpose can be conveyed to our meditation, giving us the will and determination to meditate on a regular basis. Short of time to meditate Learn 20 easy motivational tips and secrets (including charts) to create and maintain a daily practice to fit in with even the most hectic lifestyle! Reviews: A well written text any beginner can follow with ease. The presentation is both logical and nicely set out with easy to find headings. There is a non-judgemental gentleness that comes through this authors work. Randall encourages the reader to find and follow a Path...



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