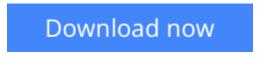


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Meditation For Beginners

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Meditation For Beginners teaches basics of meditation. After reading this book you will be able to start meditating right away.

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- Preparing for Meditation
- Quietening your Mind
- Testing Your Focus
- Making it Special
- Mantras
- Visualization
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