



How to Meditate: Relieve Stress, Reduce Anxiety and Increase Mindfulness with Guided Meditation, Self Hypnosis, Affirmations, Mindfulness Exercises and Guided Imagery

Mind Training Coach

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This is a meditation bundle designed to provide stress relief while increasing mindfulness through guided meditation and guided imagery. It is great for beginners and those who would like quick and easy meditation sessions.

The following audiobooks are included in this bundle:

1. *Learn to Meditate: Meditation for Beginners with Mindfulness Exercises, Relaxation Techniques, Guided Imagery and Guided Mindfulness Meditation*
2. *Meditation Oasis: Mindfulness Meditation for Relaxation, Stress Reduction, Anxiety Relief, Self Healing and Peace of Mind*
3. *Body Scan Meditation: Mindfulness Meditation for Stress Relief, Emotional Health, Anxiety Relief, Muscle Tension and Stress Reduction*
4. *Breathing Meditation: Guided Mindfulness Meditation for Stress Management, Anxiety Relief, Deep Relaxation and Inner Peace*

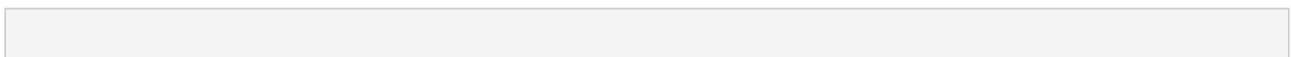
The first meditation session is 15-20 minutes long and includes four background setting options:

- Meditation on the beach
- Meditation during a rainstorm
- Meditation near a flowing creek
- Meditation near a waterfall

The last three meditations sessions are each 15-20 minutes and include three background setting options:

- Peaceful Solitude
- Epiphany
- Heavenly Bliss

Escape the daily grind, and elevate yourself to a more relaxed and euphoric state of mind with guided meditation.



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