



Meditation ? The Complete Guide: Techniques from East and West to Calm the Mind, Heal the Body, and Enrich the Spirit

By Patricia Monaghan, Eleanor G. Viereck

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More than ever, people of all ages, backgrounds, and traditions are becoming aware of the benefits of meditation. Broad-based yet addressing the specific needs of individuals, the completely revised and updated *Meditation — The Complete Guide* offers information on forty-three meditation practices. An easy-to-use self-test on personal habits and preferences directs readers to choose a practice to fit their tastes and circumstances. The authors describe all the major forms of Eastern and Western religious practice — from Christianity, Judaism, and Islam to the traditions of India, Japan, China, and Tibet. Readers can explore techniques derived from Asian and African customs or meditations simply found in life practices such as sports, gardening, and creative arts. *Meditation — The Complete Guide* is designed for all readers, from the beginning meditator to the healing professional, with chapters on practices to heal physically, emotionally, and mentally.

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