

Meditation: A Path To Inner Peace

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This ebook examines the role of meditation as one of the proven alternative therapies that in recent years have been classified under the mind-body medicine therapies. Traditionally meditation has been used for spiritual growth but more recently has become a valuable tool for managing stress and finding a place of peace, relaxation, and tranquility in a demanding fast-paced world. Various meditation techniques are outlined in this article with practical steps to beginning a meditative practice.

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