



Meditation: For Busy People! How To Eliminate Stress In 3 Minutes A Day (Mindfulness For Beginners)

Alan Schmidt

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The No-Nonsense Guide to Meditation For Modern, Busy People: The Ultimate Practical Handbook That Reveals The Proven Techniques To Reduce Stress And Increase Clarity And Mindfulness In Just 3 Minutes

Read on your PC, Mac, smartphone, tablet or Kindle device RIGHT NOW.

What's the first picture that comes to mind when you think about meditation? A Buddhist monk on top of the Himalayas who meditates for hours on end? A so called "Guru" that teaches transcendental meditation in his "secret group" only to the chosen ones? Well, forget about that. It turns out that there is no mystery or "woo-woo" in meditation. It's actually a science.

And with the help of modern, scientific brain-analysis we are now able to clearly determine what works and what doesn't. So this book focuses on the **most time-efficient meditation techniques** that will help you clear your mind in a matter of minutes, and sometimes even seconds. You don't need to give up modern life and move to a Buddhist temple to benefit from the amazing benefits of simple and effective meditation techniques.

This Book Is A Must-Have For You:

- If you want to beat mental overload and depression
- If you are not able to "just relax" even when you have time for it
- If you are ready to be a person that stays calm in his inner world no matter what's going on in the outside world
- If you want to clear your mind whenever you want in a matter of seconds

Meditation is a powerful mental technique. Even science acknowledges it more and more. It can help anyone reduce stress and increase optimism and happiness. And this book will show you how you can quickly learn to meditate in a time-efficient way at home, at work or wherever you want and whenever you have 1-3 minutes to spare.

You're about to learn:

- Why meditation is for anyone (and especially for busy people)
- Most common excuses why people don't meditate and why these excuses aren't true
- How to clear your mind in 3 minutes by using two simple yet efficient techniques
- How to develop a sharp mind and improve your productivity
- Meditation technique variations
- Much, much more!

Don't lose any more time with "woo-woo" meditation guides that offer you a lot of theory but don't deliver immediate results!

There is an EASIER, FASTER & MORE EFFICIENT way to learn about meditation. And you can do it by following this insanely practical, step by step guide!

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