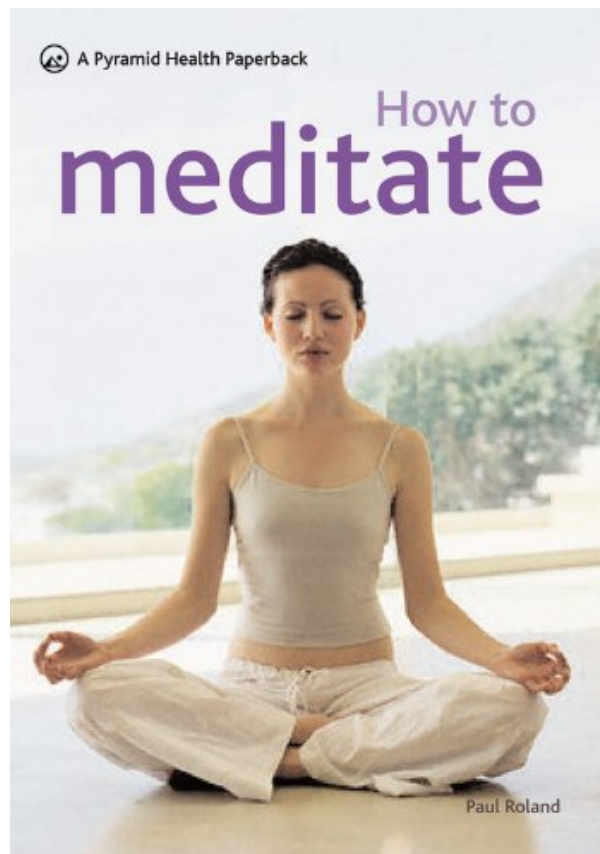



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About the Author

Paul Roland has been a counselor and meditation teacher for many years. His previously published books for Hamlyn include How to Meditate (Health Pyramid Paperback), and Meditation Solutions.

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This practical guide for beginners offers visualizations and exercises to promote a sense of serenity and wellbeing. The book includes techniques to release tension and achieve deep relaxation and outlines various ways to stimulate universal energy to heal yourself and others. How to Meditate also offer advice on creating a personal sanctuary in your own home and explanations of how mantras and affirmations can help you develop a positive outlook. Chapters such as "Working with the Chakras" and "Music for Meditation" explore the various, wide-ranging aspects of meditation and the book also expands on color therapy and issues of self-image.

- Sales Rank: #3316212 in Books
- Brand: Unknown
- Published on: 2011-09-07
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .50" w x 6.00" l, .60 pounds
- Binding: Paperback
- 128 pages

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