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Spirituality: The Ultimate 4 in 1 Spirituality Box Set: Book 1: Meditation for Beginners + Book 2: Taoism + Book 3: Qigong + Book 4: Zen (Meditation for ... - Mindfulness (How to Become Happy))

Daniel Hajime

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< h1> The Ultimate 4 in 1 Spirituality Box Set for Happiness

In this amazing 4 in 1 Spirituality Box Set you will learn about a wide array of topics including Meditation for Beginners, Taoism, Qigong and Zen!

Below is a sample of the first book " Meditation for Beginners "

This book is for anyone looking to master the art of Meditation. Believe it or not, but within this easy to read book, I can teach the exact principles I use on a weekly basis to master Meditation. I've been practicing and teaching Meditation for over 5 years and the strategies you will learn in this book will change your Meditation habits forever. Take my hand and let me bring you along on this amazing Meditation adventure!

By the time you finish reading this book you are going to be able to confidently practice Meditation and execute a wide array of Meditation practices with minimal effort on your part. Regardless if you are a beginner, intermediate or advanced meditation learner this book will have strategies that can take your game to the next level!

Why You Must Have This Book!

> In this book you will learn how to master Meditation once and for all!

> This book will teach you step – by – step the exact process you need to practice to become a Meditation expert!

> In this book you will learn how to execute some of the most difficult Mediation people have trouble with.

> This book will guide you through the process of being able to practice Meditation on a daily basis without becoming frustrated and quitting.

> This book will teach you everything I've learned about Meditation over the last 5 years.

> In this book you will learn what it takes to be the best Meditation aficionado possible!

What You'll Discover from the Book "Meditation for Beginners"

** Why you need to practice Meditation today! **

** How to Execute Meditation properly and efficiently! **

** Step by step instructions on how to become excellent at Meditation! **

**The importance of learning from Spiritual professionals **

**What to do if you are having trouble getting started with Meditation and how to overcome the excuses **

**How to make meditating a fun activity that you enjoy and share with others! **

Let's Learn How to Master Meditation Together!

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