



**Meditation Made Easy: A Simple Spiritual Practice That Helps Eliminate Stress, Depression, Insomnia, Fear and Uncertainty: Connecting with the essence ... you are (Transforming Your Life Book 3)**

*Susan Gregg*

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# **Meditation Made Easy: A Simple Spiritual Practice That Helps Eliminate Stress, Depression, Insomnia, Fear and Uncertainty: Connecting with the essence ... you are (Transforming Your Life Book 3)**

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**Would you like to turn off all of that annoying noise, that 'radio station' that constantly plays in your head? The 'radio station' that complains about everything? That creates endless worry, fear and stress and helps you feel unloved and unlovable?**

Meditating on a regular basis will allow you to do just that! Imagine having peace of mind, feeling a profound sense of inner peace and connection to the love of the universe!

Meditation is easy and it will do amazing things for you and your life! It only takes a few minutes everyday. You don't have enough time not to meditate on a daily basis.

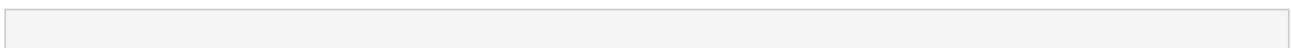
Meditation will help you:

- \* Reduce stress
- \* Alleviate fear and worry
- \* Sleep like a baby
- \* Rid yourself of addictions and negative habits
- \* Be happier, feel loved and connected
- \* Deepen your spiritual connection

As you read this book and apply the simple instructions you can begin to enjoy meditation and reap all the benefits meditation has to offer.

Once you buy this book you will have access to recordings of the guided meditations designed to help accelerate your meditation practice.

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