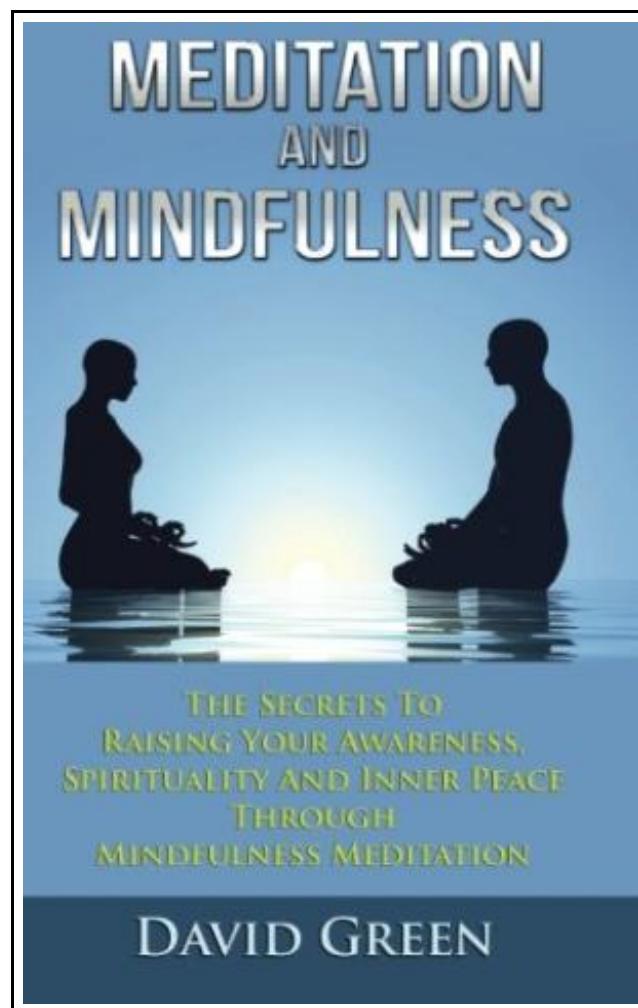


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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We live in a very chaotic society and all of us have experienced stress at one time or another. We focus our attention on such things as traveling to and from work, performing tasks that are related to our jobs, paying bills, meeting the obligations to our families, our significant others and the list goes on. We are so caught up that we rarely find the time to recharge our batteries because we are always on the go, always doing something, and the result of this chaos is, we never really get to experience the precious present moment. We take it for granted. We are not mindful of it. Our minds, our bodies and our souls yearn for inner peace because it is much needed in a world like this. To gain this inner peace we have to calm the mind first then we can properly manage and turn the daily chaos that we experience into order, a peaceful order. Meditation will help us to accomplish this. Meditation is a practice of helping the mind become more at ease, at rest, so that we can then work on clearing out the chaos. When you meditate however, you need to practice mindfulness. Mindfulness meditation is a type of meditation that essentially involves focusing your mind on the present. So how do you exactly achieve this? In his book entitled *Meditation and Mindfulness: The Secrets to Raising Your Awareness, Spirituality and Inner Peace Through Mindfulness Meditation* author David Green shows you step by step how to achieve this level of meditation.



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