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Meditation and Healthy Fitness Box Set: 15 Meditation Techniques for Peace and Happiness With 25 Easy Yoga Poses for Healthier Lifestyle and Total Chi ... Meditation, Mindfulness Exercises)

Patricia Evans, Laura Lee, Kim Green

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BOOK #1: Mindfulness: 15 Meditation Techniques to Bring You Peace and Happiness

In today's busy world, more and more people are searching for a way to look within for peace and happiness.

Meditation is as easy as sitting down and taking a deep breath - and it doesn't have to be a complicated process. This wonderful little guide offers you 15 simple meditation techniques that can bring you greater peace and happiness.

Meditation can help you:

- Enhance your energy
- Diffuse stress
- Experience greater tranquillity and peace of mind
- Release powerful chemical endorphins
- Relax the mind, body and spirit
- Strengthen your relationships
- Sharpen your focus

In this book you will learn 15 powerful techniques that you can do in 15 minutes or less.

For those of you who have difficulty relaxing your mind and body these simple techniques are life changing. This practical guide is designed to help anyone, from basic beginners to dedicated seekers and it can help you create a more balanced and peaceful life.

BOOK #2: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer

Body, Stress Relief and Inner Happiness

This book is a must have for anyone looking for a basic introduction to the practice of yoga. Yoga was first developed in India thousands of years ago and it has become increasingly popular all around the world.

While there are many types of yoga, they all have one thing in common: they help you to create a strong toned body and a clear, bright mind.

This fountain of youth exists within you, and is accessible for everyone. With yoga, you can literally transform your mind, body and spirit, leading the way to your own inner happiness and vitality.

In this book you will learn 25 easy yoga poses for a slimmer body, stress relief and inner happiness. Included in the book are:

- Yoga Basics
- Standing Poses
- Balancing Poses
- Twisting Poses
- Back bending Poses
- Seated Poses

BOOK #3: Total Chi Fitness: Get Familiar With the Meridian Stretching Exercises for Ultimate Fitness, Performance and Health

Total chi fitness has a lot of benefits in ensuring that it unblocks your meridians that are the pathway through which your life energy flows and increases the circulation of your life force

In this book you will get:

- Best ways to practice the exercises while ensuring that you are safe from harming yourself.
- Different poses to be practiced, to enhance free energy in your body
- Step by step procedure to follow in performing the various poses
- Benefits of practicing total chi fitness and the impact it will have on your health
- Procedures that you can use to achieve different poses in performing total chi fitness
- The number of times you should be doing the exercises to ensure that you maintain your performance and help to revitalize your muscles
- Ailments that your body will be relieved off by practicing the poses

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

Download your copy of *"Meditation and Healthy Fitness Box Set:15 Meditation Techniques for Peace and Happiness With 25 Easy Yoga Poses for Healthier Lifestyle and Total Chi Fitness for Ultimate Health"* by scrolling up and clicking **"Buy Now With 1-Click"** button.

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From reader reviews:

Jeff Wheeler:

Playing with family inside a park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Meditation and Healthy Fitness Box Set: 15 Meditation Techniques for Peace and Happiness With 25 Easy Yoga Poses for Healthier Lifestyle and Total Chi ... Meditation, Mindfulness Exercises), you may enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't buy it, oh come on its identified as reading friends.

Valerie Herrera:

The book untitled Meditation and Healthy Fitness Box Set: 15 Meditation Techniques for Peace and Happiness With 25 Easy Yoga Poses for Healthier Lifestyle and Total Chi ... Meditation, Mindfulness Exercises) contain a lot of information on this. The writer explains the woman idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new era of literary works. You can easily read this book because you can please read on your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site along with order it. Have a nice read.

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