



Handbag Meditations: Chill Out on the Run (Paperback)

By Alison Nancye

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When in doubt, breathe. If you are too busy or stressed to meditate, this book is for you! If you have always wanted to try meditation but don't know where to begin, this book is for you! Handbag Meditations for Women is an easy-to-use guide for women's daily lives, whether at home, work, or out and about. Discover super-quick ways to relax, reduce stress, feel energized, and get focused using meditation. This book is useful for women who feel: stressed overloaded tired exhausted busy dissatisfied unhappy bored directionless upset The meditations in this book will help you to: feel energized improve sleep de-clutter your mind focus your mind discover your passions connect with your purpose relax let go unwind access your intuition be present connect with your inner goddess A range of rituals is included to get you started on your meditation path. There are meditations to try in the bath, shower, or at the beach; exercises to focus you in the morning and wind you down for the night. There are also meditations you can do with your...



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