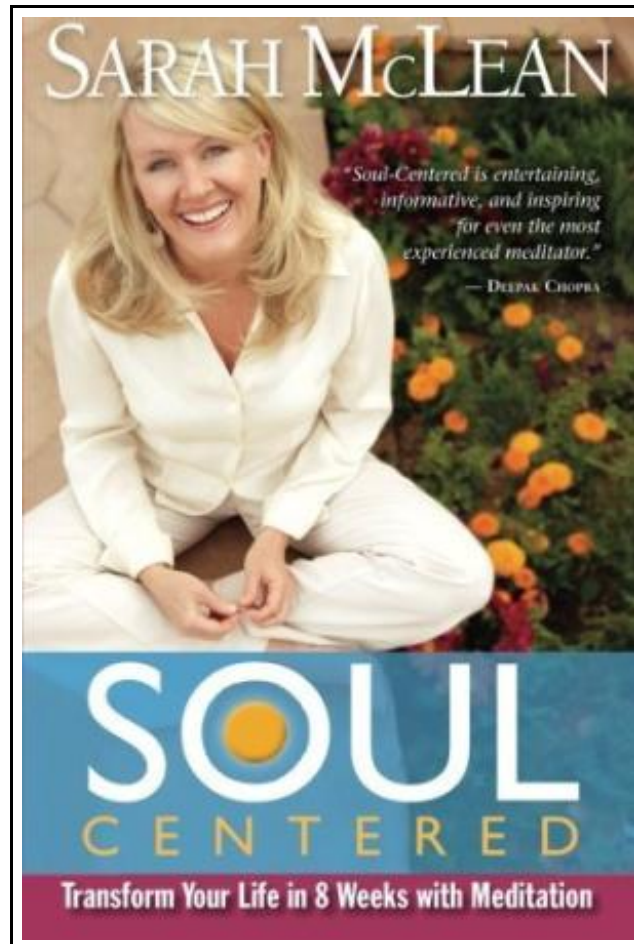


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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

SOUL CENTERED: TRANSFORM YOUR LIFE IN 8 WEEKS WITH MEDITATION

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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Soul Centered: Transform Your Life in 8 Weeks with Meditation, Sarah McLean, Soul-Centered presents a contemporary, mainstream view of meditation in an 8-week program that delivers time-tested techniques to cultivate an effective daily meditation practice. Inspired by and based on Sarah McLean's 20-plus year spiritual journey, the book begins with insights into the five essentials necessary for successful meditation. Each of the 8 weeks that follows explores a variety of meditation practices thoroughly supported by research, insights, stories and exercises. The theme of each week reflects a benefit derived from meditation: Awareness, Peace, Freedom, Compassion, Intimacy, Authenticity, Receptivity and Nourishment. This easy to follow program inspires you to confidently practice meditation and develop a new perspective. In the process, you'll become more self-aware, more peaceful, and more compassionate: a way of life that can truly be called soul-centered. 'Sarah McLean weaves an inspiring exploration of the essentials of meditation, giving first-time meditators all the tools they will ever need to explore the potential of their own awareness.' Debbie Ford, New York Times best-selling author of *The Dark Side of the Light Chasers* 'Soul-Centered is a perfect blend of scientific fact, spiritual philosophy, and personal experience beautifully woven into a practical formula for everyday life!' Gregg Braden, New York Times best-selling author *Deep Truth*, *The Divine Matrix*, and *Fractal Time* 'Sarah McLean has written a book that makes meditation and its many benefits accessible to everyone, novice and expert alike.' Marci Shimoff, author of the New York Times bestseller *Happy for No Reason*.



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