



# **Quiet Your Mind: Reduce Anxiety, Relieve Stress, Learn How to Meditate and Find Inner Peace with Guided Meditation, Self Hypnosis, Affirmations and Mindfulness Training**

*Mind Training Coach*

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Anxiety and stress can ruin an otherwise good day, leaving you feeling worried, anxious, and stressed. The feeling of impending doom or overwhelming "what if" scenarios in our minds can cause us to blow life situations out of proportion. Guided meditation can help you still your mind and bring you back into the now - out of that whirlwind of negative thoughts.

This meditation bundle includes the following audiobooks:

1. *Coping with Anxiety: Meditation for Anxiety, Stress Management, Unwinding, Relaxation and Peace of Mind*
2. *Learn to Meditate: Meditation for Beginners with Mindfulness Exercises, Relaxation Techniques, Guided Imagery and Guided Mindfulness Meditation*

The meditations are 15 to 20 minutes long and include four different setting options:

1. Meditation on the beach
2. Meditation during a rainstorm
3. Meditation near a flowing creek
4. Meditation near a waterfall

Imagine a reality where you didn't allow the stresses of the day to control your life. You can develop that inner peace with guided meditation.

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#### **Karen Baskin:**

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**Lynn Groff:**

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