



Spirituality Box Set: Amazing Breathing Techniques and Meditation Exercises for Life Without Stress and Worries (Spirituality, yoga for beginners, mindfulness)

Virginia Bailey, Jean Neal, Sylvia Boyd, Sarah Watson, Sara Pena

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BOOK #1: Meditation: How to Meditate for Beginners. Why Transcendental Meditation is the Best Meditation for Anxiety

This book will not only rid you of the misconception you may have about meditation but will teach you that there are a variety of ways you can meditate. You will learn that meditating can benefit you whether you are in an overcrowded city or living in a quiet log cabin. Meditating is a beneficial, simple and powerful exercise that can be adapted to fit any lifestyle, setting and desired improvements.

BOOK #2: Mindfulness: 23 Helpful Mindfulness Exercises for Life Without Stress and Worries

Mindfulness is a state that everyone, male and female, young or old needs to practice at every stage of their lives in order to develop and sustain enduring life and healthy living. Simply put, the secret of a healthy happy lifestyle is found in discovering the best sustainable skills to help individuals practice mindfulness. This book has been written to encourage and enhance the deep rooted knowledge of what mindfulness entails and how it can be adopted into our daily living. This book includes deep wealth of knowledge regarding the practice and state of mindfulness.

BOOK #3: Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Achieve the Complete Harmony, Boost Your Energy and Get Incredible Emotions by Discovering the Strength of Tai Chi

Are you constantly stressed and need an exercise that doesn't require a lot of physical movement but still benefits your emotional and physical needs?

Then you may want to try reading this book on Tai chi, a beginner's guide to everything you need to know about this ancient practice. Tai chi has been around for centuries and is a well-known form of martial arts in

China, but its appearance in the United States did not become well-known until the 1960's. Psychologists and scientists agree that the practice of Tai chi is both beneficial to your emotional and physical health.

BOOK #4: Yoga For Beginners: 12 Amazing Breathing Techniques for Absolute Beginners To Help You Relax and Reduce Stress

If you're looking for yoga techniques to help you relax, then 'Yoga for Beginners: 12 Amazing Breathing Techniques for Absolute Beginners to Help You Relax and Reduce Stress' is the book you need. We all get stressed from time to time, but not everyone knows how to deal with it. This is where this book can come in and make a huge and realistic difference to your everyday life.

BOOK #5: Tantric Massage: 12 Outstanding Lessons On How To Master and Practice a Sensual Tantric Massage

Tantric massage has been shown to provide a number of health benefits, some of which may seem a bit surprising. A lot of these benefits arise from the release of tension experienced by massaging the muscles and soft tissues. Tantric massage is not like a deep tissue massage where you find yourself sore and in pain the next day. It is the complete opposite, and leaves you in a happy, calm and relaxed state.

BOOK #6: Third Eye: The Ultimate Guide To Third Eye Opening, Activation Mastery. 12 Proven and Easy Techniques to Increasing Awareness And Consciousness

Third eye reflects a higher level of understanding and foresight which takes special knowledge and personal training of the mind to achieve. The good news is that you can develop and effectively maximize the use of your third eye without having to become psychic. This book has been written to help you as an individual in the understanding and knowledge of what having a third eye is all about and how you can develop and sustain it.

Getting Your FREE Bonus

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

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