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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Everybody knows that meditation is good for you. It seems that a little bit of sitting still on your butt improves memory, creativity, your attitude and the cellular structure of your brain. So why is it so freakin hard to get started? Whether you look at it from a scientific or a spiritual perspective, it seems there are...

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- Authored by Sonya Joseph
- Released at 2013



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