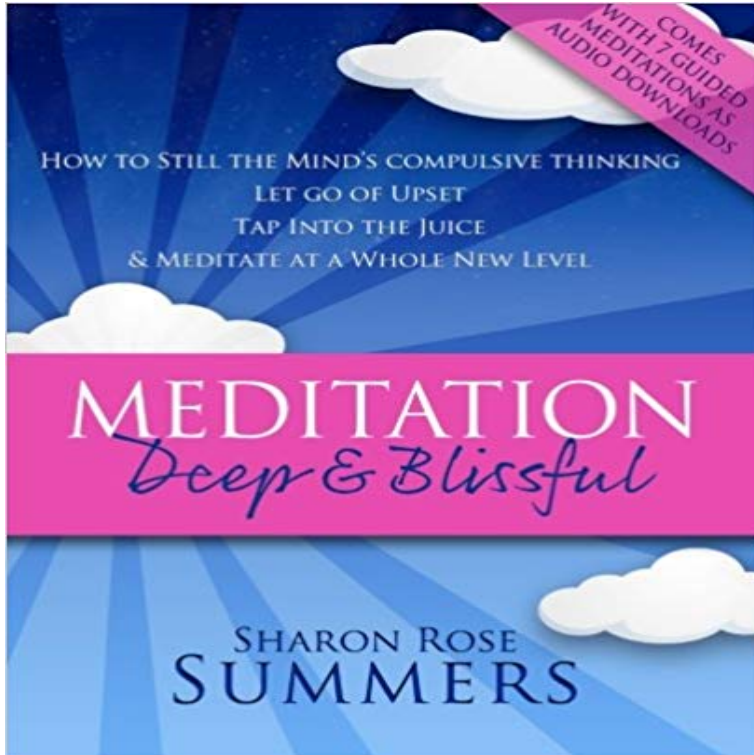


# Meditation - Deep and Blissful (with Seven Guided Meditations): How to Still The Minds Compulsive Thinking, Let Go of Upset, Tap Into the Juice and Meditate at a Whole New Level



This book is designed for two types of people: for those who are just starting out and for those who've tried meditation and found the experience disappointing. For the newcomer, the book gives you practical guidelines with everything you need to know, as well as a comprehensive selection of excellent techniques to choose from (along with step-by-step instructions). You'll come away with techniques you love and that really work for you. For those who've tried to meditate and been disappointed -- nothing special happened or you couldn't seem to get past the mind's stream of consciousness -- this book gives you powerful insights into the reasons why, the obstacles to moving into higher states, and shows you how to navigate your way through. Meditation - Deep & Blissful also comes with seven guided meditations as audio downloads -- your free gift with purchase! Simply take the gift code inside the book to Sharon Rose Summers website - [MeditationBeautiful.com](http://MeditationBeautiful.com) - type it in and get your gift! Details inside.

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