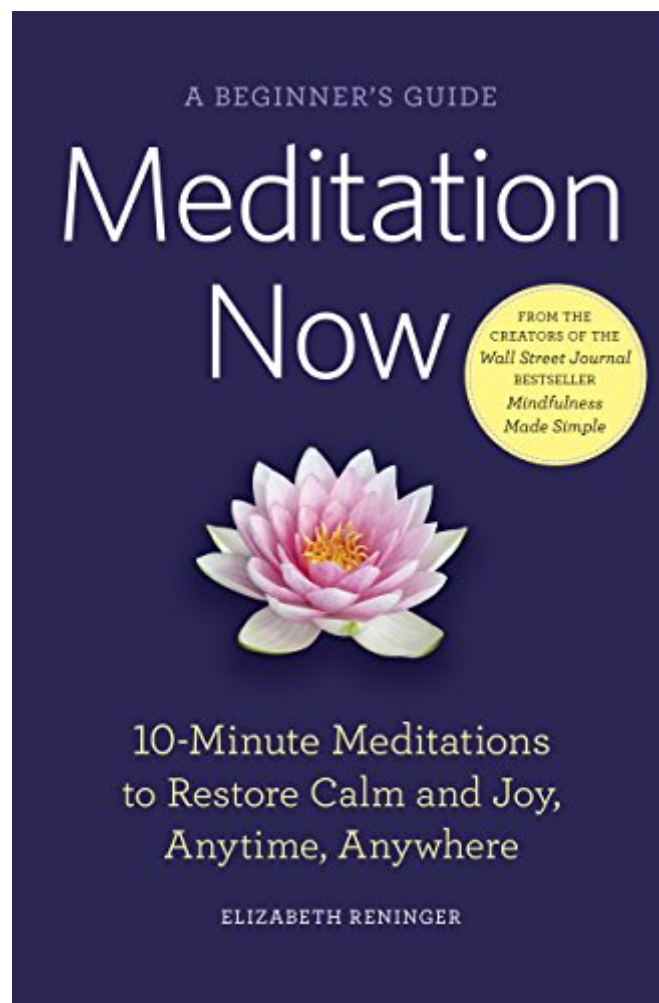




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# Meditation Now: A Beginner's Guide: 10-Minute Meditations To Restore Calm And Joy Anytime, Anywhere



## Synopsis

Ten minutes to a calmer, more peaceful you From the creators of the Wall Street Journal bestseller *Mindfulness Made Simple* comes a new book to help busy meditators release tension, relieve stress, and reconnect with peace and tranquility. *Meditation Now: A Beginner's Guide* provides friendly advice, step-by-step guidance, and a range of ten-minute meditations that fit easily into tight schedules. Filled with time-honored practices and insightful discussions, *Meditation Now: A Beginner's Guide* makes it easy to learn meditation, with:

- Step-by-step instructions for 18 meditation techniques that can be practiced anytime, anywhere
- 14 "Take Ten" meditations to promote mindfulness in everyday situations like traffic jams and work presentations
- Essential advice and guidelines for overcoming common obstacles like boredom and relating skillfully to thoughts and emotions
- 3 focused 28-day meditation plans for those months when you need extra emotional support, happiness, or relaxation
- Inspirational quotations and practical tips that motivate you to deepen your practice

With *Meditation Now: A Beginner's Guide*, peace, clarity, and wisdom can be yours with just ten minutes of restful breathing a day.

## Book Information

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## Customer Reviews

There's a lot going on in in this title. It functions as a beginner's guide, sure, but Reninger writes with a definite slant towards a certain philosophical paradigm that may or may not agree with everyone. I found myself wondering on the nature of self and thoughts, and whether I agree with the author on her perspective. The book fills out with various meditative experiences not commonly considered, such as walking while meditating or even eating in a meditative manner. And while these sections are interesting, the thought of consumption of life into a meditative state starts to feel a little strange, particularly if you're hesitant about Reininger's paradigm to begin with. Even so, she writes with a warmth that makes it an easy read with enough practical consideration that trying out her starting point of a one minute meditation seems entirely reasonable and worthwhile. Disclosure: I received this title for free.

I have always wanted to start meditating and this book was the perfect start. Reading the book itself is very peaceful. It includes quotes that relate to meditation. It also clears up any questions or concerns that one may have about meditation. Before delving deep into the meditation tips, it describes all of the basic facts that you would need to know before choosing to begin meditating. It would be a great book even for someone just wanting to learn more about meditating. All of the tips have really helped me to relax my mind, body, and soul. I love the art of meditation now. I would definitely buy this book again! I received this book complimentary in exchange for my honest opinion. However, my opinion was not influenced in any way!

Meditation is a good form of self relaxation. There are many ways to meditate. Through breathing and mind exercises you can achieve full body and mind relaxation. This book includes 18 meditation techniques that are truly helpful. There are 32 different types of meditation discussed, including directions on how to begin each type, to see what works best for you. This book teaches you the proper ways to clear your mind of atmospheric interruptions, the importance of using a mantra, and about movement meditations such as Qigong, Hatha yoga and Tai Chi. There is much more to meditation than one thinks. All though it can seem complicated and unneeded this book and meditation is quite helpful. It helps to relax and clear your mind of a stressful atmosphere. I did enjoy each explanation of the different types of meditation. Now for a beginner you may have to re-read a

section a few times before understanding what you are reading. For and advanced or intermediate yoga or meditation fanatic (like myself) it will be much easier to understand what is being said. In conclusion I do recommend this book to those that are seeking out in depth information on meditation or those who want to broaden their knowledge on the subject. I have received this book free of charge for an unbiased review.

Meditation is a part of my culture. My mom and mother in law do it every day and urge me to do the same. I "meditated" when I was younger as well, but it was more like playing the quiet game to me. I understood the concept, but not much more than that.

Meditation Now is a great little book for beginners. It does not take up a lot of your time, is well written, and walks you through a few different processes to try, as well as different 28 day programs to work it into your routine. I'm trying to put aside a little time every day to meditate now, but I haven't religiously built it into my day yet. This book is a great pick up and read, but also has a chance of just ending up in a "pile" of things that I tried. I'll update in a few months to let you know, since I've only been trying for a 2 weeks. This book was provided to me at no cost in exchange for a review, however, my thoughts are my own.

This is a great book for those who are newly interested in meditation and those who just want to brush up on all of the benefits of meditating. I used to meditate daily and used it as part of my way to connect spiritually. I've gotten off track recently and found this book a great refresher on all of the reasons I should be meditating regularly. The book flows nicely and is easy to understand. I think that would be true for the beginner or for someone who is a bit more advanced but looking for a refresher. Finding that stillness within is a rejuvenating, peaceful experience that everyone should be able to experience. I think this book can help just about anyone with finding that peace and calm and I'd definitely recommend it. I received this book to give my honest review on.

Good for beginners. I was excited to start reading this because I have been wanting to learn how to meditate and more about if it really was helpful. I have a house full of young kids, am a full time stay at home mom, so by the end of some nights I can be mentally exhausted. I am hoping meditation will be a good outlet for that stressful energy. I found this book to be great for beginners like myself. it teaches you the basics as what you can achieve with meditation. explains importance of consistency, there are several different types of meditation routes you can take and they all take

only 10 mins. now 10 mins does not seem like a long enough time but after giving it a few tries and learning how to focus on your breathing and not let yourself get distracted it really does help. I look forward to trying 28 days of meditation. I have already recommended a friend to try this book who also wants to learn about meditation. The book is not too long where you lose attention easily, gives great explanations, ideas for creating your calming meditation spot for you. highly recommend beginners or those wanting to learn what meditation is to read this book!

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