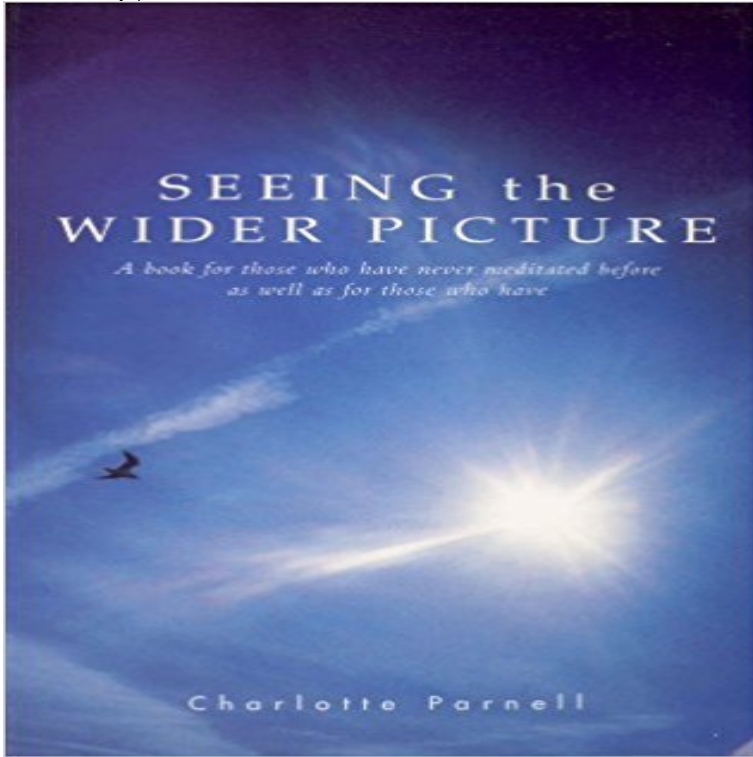


Seeing The Wider Picture



Meditation is often seen by those who do not practise it as something mysterious, something foreign, even something hippy, yet many of us have experienced a meditative state without even realising it. There is an ever-increasing body of opinion, let alone evidence, that meditation is good for you and particularly helps in dealing with stress. This book helps to break down the mystery, by making the practice more accessible, and by giving you a series of simple-to-follow exercises: a step-by-step, how-to guide to meditation. Even experienced meditators should find something to enjoy in the exercises within. This book helps you to start to access a different dimension and a new perspective on what is going on in your life and beyond it. It will start a process in you of looking afresh. It will help you to open your eyes - by closing them - so you can begin to see the Wider Picture.

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