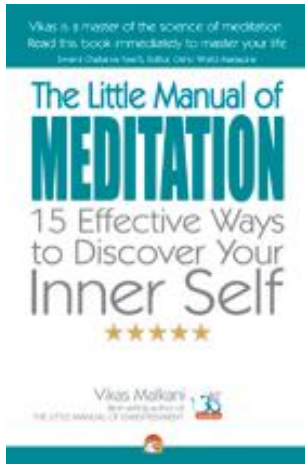




The Little Manual Of Meditation



Author: Vikas Malkani
Format: Paperback
ISBN: 8178061422
Code: 9353B
Pages: 152
Price: Rs. 150.00 US\$ 6.00

Publisher: Unicorn Books
Usually ships within 5 days

Want to know about the benefits of meditation?

This little manual tells you about an ancient practice that has been used by people who seek a life of peace and purpose. It is special because the author, a best-selling writer of over 24 books, is an internationally renowned master of meditation.

Contents

1. Pay Attention
2. Look Within
3. Make an Investment
4. Improve Your Health
5. Correct Your Posture
6. Breathe Right
7. Focus Your Mind
8. Discover Yourself
9. See the Reality
10. Stop Worrying
11. Turn Stress to Strength
12. Heal Yourself
13. Enjoy Life
14. Reach Out
15. Expand Your Consciousness

About Unicorn Books

Unicorn Books publishes an extensive range of books that are both affordable and high-quality.