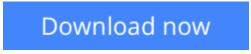


# Meditation For Beginners: 55 Techniques, Benefits & Beginner's Tips To Relieve Stress, Increase Productivity, And Access Deeper Awareness (meditation for beginners, meditation books, how to meditate)

Alex Gill



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"To understand the immeasurable, the mind must be extraordinarily quiet, still." - Jiddu Krishnamurti

We've all struggled with stress or anxiety at some point in our lives. There is also something to be said for discovering our inner selves and feeling the peace that comes from having a deeper awareness of yourself. So how do we gain this understand and how do we reduce stress and anxiety in our lives? One great strategy for this is through meditation.

Meditation dates back centuries, but recently millions of people are seeing the great benefits that meditation has to offer. Meditation has **numerous benefits** that help people in all situations. It doesn't matter what your occupation, meditation can **help to improve your life**.

## In this book, we will talk about the following things to help you gain a better understanding of meditation and get you started on your journey:

- Ten Benefits of Starting Meditation
- How to Meditate in 16 Steps
- Nine Different Meditation Techniques
- 20 Meditation Tips for Beginners

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