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Stress management/meditation

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MEDITATIONS ON THE NATURAL WORLD

A Guided Journal to Help You Find the Technique That's Right for You

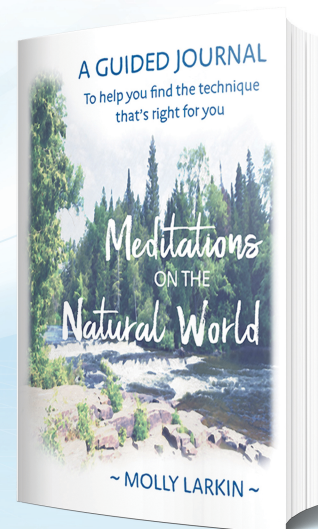
by Molly Larkin

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Author Molly Larkin has taught meditation for over 10 years and has discovered that many people fail at meditation for one of 3 reasons:

1. They haven't found the technique that's the right fit for them,
2. They can't find the time, or
3. Have trouble creating the habit.

This book is designed to fix that: it presents a variety of off the beaten path meditation techniques, along with how to find the time and create any good habit.



THE BOOK INCLUDES:

- The health benefits of meditation
- Finding time to meditate
- How to create the habit
- Meditation on the breath
- Mindfulness
- Chanting
- Meditating on music
- Guided visualization
- Coloring
- Walking
- Drumming
- Sacred Fire

THIS COMPREHENSIVE
BOOK CAN HELP ANYONE
START A **FULFILLING**
MEDITATION PRACTICE.



"Meditation is a way to purify and quiet the mind, thus rejuvenating the body."

Deepak Chopra

About the author

Molly Larkin is the co-author, with Muskogee Creek elder Marcellus "Bear Heart" Williams, of the international best-seller **"The Wind Is My Mother; the Life and Teachings of a Native American Shaman."** She also wrote **"The Fountain of Youth Is Just A Breath Away; Breathing Exercises for Relaxation, Health and Vitality."** She blogs on Ancient Wisdom for Balanced Living at www.MollyLarkin.com