

# Meditation For Beginners:: How To Meditate For Lifelong Peace, Focus and Happiness (Mindfulness Meditation, Law of Attraction, Habits)

Michele Gilbert



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#### Different forms of Meditation have been practiced the world over

Fortunately, it is a practice that anyone can add to their daily life. You are invited to explore the benefits of meditation and very soon you will see how you can discard some of the clutter that weighs you down.

I hope this will help to guide you into beginning a meditation practice

### Here Is A Preview Of What You'll Learn...

- What is Meditation
- Misconceptions about Meditation
- Types of Meditation
- How to Set Yourself up to Maintain a Habit of Meditation
- How to Meditate as a Beginner

- How to Move Up to Higher Levels of Meditation
- How to Build a Healthy Lifestyle around Your Habit of Meditation
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