



Meditation Motivation - A Quick Tour of Buddhism and 20 Easy Tips to Create a Daily Practice

Mia Randall

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Struggling to meditate regularly or new to meditation? Meditating regularly can be very difficult to do, especially when we are busy. However, to really experience the benefits of meditation, a regular practice is essential.

In this book, Mia guides the reader on a journey towards a more firmly grounded practice that can withstand the obstacles that we all, from time to time, put in the way of our meditation practice. By looking at the Four Noble Truths and the Noble Eightfold Path, we learn how meaning and purpose can be conveyed to our meditation, giving us the will and determination to meditate on a regular basis.

Short of time to meditate? Learn 20 easy motivational tips and secrets (including charts) to create and maintain a daily practice to fit in with even the most hectic lifestyle!

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Date : Published January 3rd 2013 by Createspace Independent Publishing Platform (first published July 7th 2012)

ISBN : 9781481852098

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Format : Paperback 72 pages

Genre : Nonfiction, Religion, Buddhism



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Suzanne says

As advertised, this is quick and easy. Not to be used for any kind of in-depth study of Buddhism, but is useful as a nicer booster during stressful times.

Marianne says

I really enjoyed this book - easy to read, wonderful photographs and some wonderfully inspirational quotes. This is the first time I have looked into a book on Buddhism, and I am very glad I did. thank you for the gentle introduction.

Marianne Curtis
Author of Finding Gloria

Diane says

I won this book in a Goodreads first-reads contest.

Though an interesting overview about getting motivated to meditate, I would've appreciated more information about how to get started meditating with some exercises to guide a person through meditation.
