

BEAT STRESS WITH MEDITATION: TEACH YOURSELF

Edward K. Whitford

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Beat Stress with Meditation: Teach Yourself by Naomi Ozaniec
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However, the book took a major hit when the author starts talking about astrology, chakras, and including quotes such as "Do not seek knowledge, there is nothing to know", and talks about how seeking understanding of theories is useless, knowledge is not worth the effort - apparently. There are no discussion topics on this book .

Published January 29th by Teach Yourself first published December 1st Paperback
Alexa Actionable Analytics for the Web. The practice has been credited with helping the boys stay mentally strong throughout their ordeal. There are also a few factual inaccuracies I spotted, such as in the paragraphs about the Whirling Dervishes, the author says their form of religious expression the whirling is banned. Bob marked it as to-read Feb 09, She takes a dim view of western religions, and seems to see no issue with any of the eastern ones.