



25 Reasons You Don t Want to Meditate: And How to Get Over Them (Paperback)

By Sonya Joseph

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Everybody knows that meditation is good for you. It seems that a little bit of sitting still on your butt improves memory, creativity, your attitude and the cellular structure of your brain. So why is it so freakin hard to get started? Whether you look at it from a scientific or a spiritual perspective, it seems there are no good reasons not to start a meditation practice. So why do we have so many reasons to avoid meditation? In this book, these reasons are examined in a no-nonsense, practical approach to get your out of your head and onto your butt.



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