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Paperback. Book Condition: New. Paperback. 192 pages. If meditation were available in capsule form, it would be the biggest selling drug of all time. It has been scientifically proven to deliver highly effective stress relief, boost our immune systems, and dramatically slow the aging process. It has also been shown to make us much happier and more effective thinkers. Given all the physical and psychological benefits, why aren't more of us doing it? In this thought-provoking and entertaining book, David...

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- Authored by David Michie
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