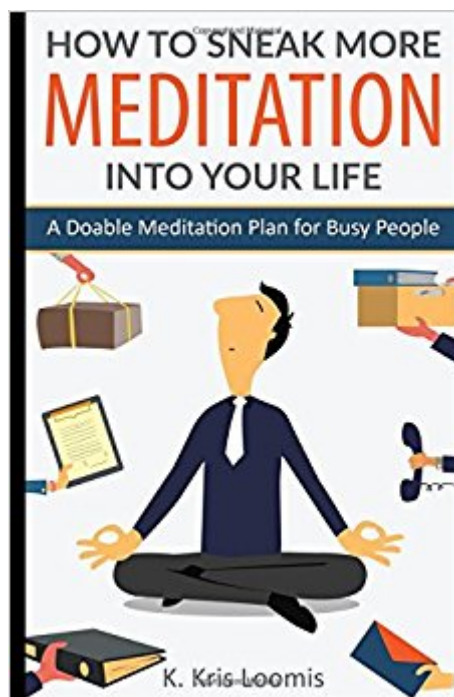




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How To Sneak More Meditation Into Your Life: A Doable Meditation Plan For Busy People (Yoga For Busy People)



Synopsis

Too busy for meditation? Think again! This book is for anyone who wants more mindfulness in his or her life but just can't seem to find the time. Don't know where to start? Don't worry! It's a lot easier than you think. Are you new to meditation? This book will introduce you to what meditation is (and what it isn't) and show you how easy it is to sneak a little into your life! Stuck in line at the grocery store? Why not take that "empty zone" and use it for a mindfulness exercise? Have some meditation experience already but feel stuck in your practice? This book will encourage you to build on your current meditation practice by presenting different ways to look at mindfulness and concentration, as well as new ways to incorporate meditation into your daily life. Got a minute? Then you have plenty of time for meditation! This book covers:

- How to find time to meditate by using "empty zones"
- How to use your senses during meditation
- The difference between concentration and mindfulness
- How to use your breath effectively during meditation
- Common misconceptions about meditation
- 20 meditation exercises
- Practical meditation tips
- And much more!

This book encourages you to stop talking about meditation and to start DOING meditation instead. What are you waiting for? This book gives you all the tools you need to take action today! Pick up your copy today by clicking the BUY NOW button at the top of this page! K. Kris Loomis is also the author of the companion book in the Yoga for Busy People Series, *How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People*, as well as the humorous travel memoir *Thirty Days In Quito: Two Gringos and a Three-Legged Cat Move to Ecuador!* Kris also writes fiction. She focuses on adult parables and short stories in *The Monster In the Closet and other Stories*, a compilation of *The Park Stories*, *The Cafe Stories*, *The Funeral Home Stories*, *The Bus Stories*, and the *Bedroom Stories*, all available on . Get a FREE short story at www.kkrisloomis.com and follow Kris on Facebook, Twitter, and Pinterest @kkrisloomis!

Book Information

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Customer Reviews

Really great read. It is simple, but really does show you all the ways that you could be sneaking some meditation into your life. As a bonus, it helps define meditation in a way that makes it seem less overwhelming. I think this book is best not for the hardcore meditator, but for people who want to add some balance to their life and get some quiet time for their mind.

This is a surprisingly fun book to read on a topic more interesting than I would have ever guessed. Having only a small introduction to meditation before reading this book, I had no idea how much I would enjoy all of the ideas Kris Loomis presents. Her examples of when, where and how to get the most of meditation are clear and easy to remember. This book is a great choice for everyone interested in giving meditation a try.

I have always thought about starting a meditation practice but never felt like I had a large enough block of time to do it. This book has taught me a whole new way to view meditating and how to work it in to a very full schedule. It demystifies the concept and makes it seem like something anyone could do. If you are practicing or about to start a practice this book is a great guidepost.

I've been wanting to learn meditation for several months now but every book I try and read turns out to be boring and technical. Not this one!!! This book provides several simple options for meditating and clearly explains each one and how you can incorporate it into your day. There's something to suit anyone's style. I recommend this book to anyone wanting to learn about meditation and how to easily incorporate it into your day. I'm excited to start practicing!!

great little book, especially for those people who think they have no time to just calm down!

Has some good ideas. I expected more from the book.

Great!

Enjoyed this book

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