



The Three Minute Meditator: 30 Simple Ways to Unwind Your Mind While Enhancing Your...

By David Harp, Nina Feldman

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The Three Minute Meditator is aimed at stressed-out, overworked people who don't believe they have time to meditate, but are, in fact, most inclined to benefit from it. Written in a friendly, down-to-earth style, this guide has made meditation a daily respite for tens of thousands of readers by teaching them to meditate while working, walking, eating, and even driving.

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