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Stephan Bodian is an internationally known author, psychotherapist, and teacher. He leads regular intensives and retreats and offers spiritual counseling and mentoring to people throughout the world. His bestselling app Mindfulness Meditation (with Mental Workout) has been praised in the New York Times and the Wall Street Journal.

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About the Author Stephan Bodian, a licensed psychotherapist and former editor-in-chief of Yoga Journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in Fitness, Cooking Light, Natural Solutions, and other national magazines.

Meditation For Dummies, with Audio CD: Bodian, Stephan ...

You can also study meditation for years, exploring its subtleties. Meditation for Dummies is a simple, clear introduction to the basics of meditation, including an overview of dozens of techniques, practices, and specific meditations, plus direction for going deeper.

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Meditation For Dummies covers a range of subjects with humor and grace, from basic instructions to the discovery of our most profound spiritual depths.In Part 1 Bodian clariifes what meditation is (and isn't) and offers a number of compelling reasons to adopt this "advanced technology for the mind and heart."

Meditation for Dummies book by Stephan Bodian

" Stephan Bodian is a shining light in the fields of meditation, yoga and consciousness. Meditation for Dummies is a simple yet very rich compilation of the nitty-gritty information you need to begin or deepen a meditation practice that will work for you, bringing you enhanced creativity, peace of mind and healing.

Books — Stephan Bodian

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About — Stephan Bodian

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