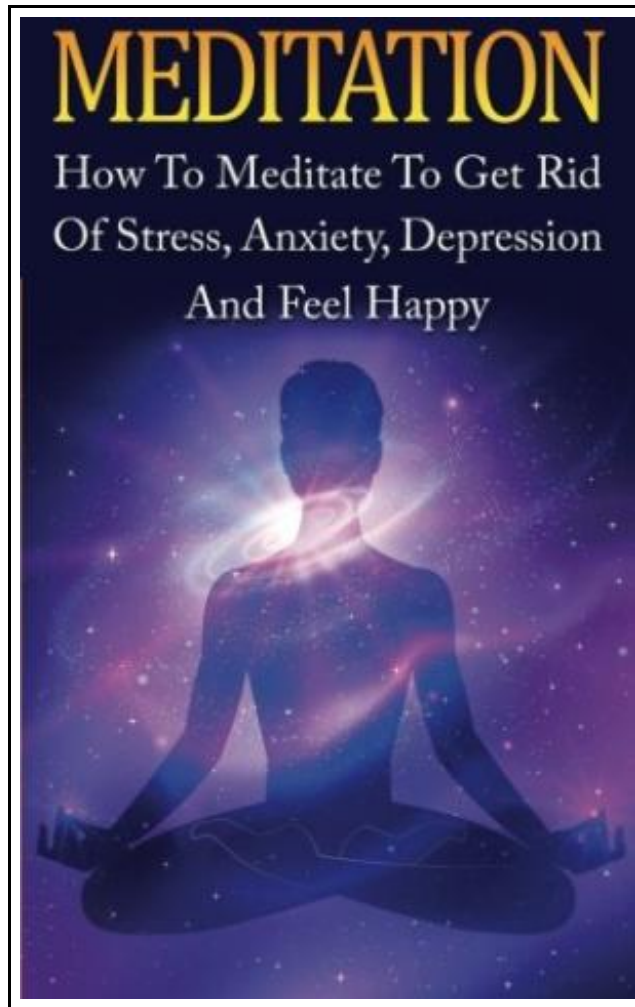


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.According to Zen Buddhism, life is full of suffering, which is brought about by our attachment to things and people. We all have those moments when we feel we are just about to give up in life (we are depressed), feel stressed by our past, and are anxious about our future. This is just normal to everyone around the world. But while some of us can handle the stress, anxiety and depression that comes with the challenges that life throws at us, there are those instances when we feel we cannot just handle it. During such times, we become angry with ourselves, situations and the people around us. We lose hope in our future and no matter how much we try to fake a smile, it just doesn't work. Well, do you know that you could end up committing suicide if you continue harboring stress, anxiety, and depression? And even if you don't commit suicide, the simple fact that you are constantly depressed, anxious and stressed puts your body on overdrive, which means that you are likely to end up suffering from various health complications including but not limited to hypertension, heart disease, obesity, digestion problems and a lot more. Well, if you've already started experiencing those and want to change your life for the better, you probably need to start thinking of how to introduce meditation into your life. If you are new to meditation, you are likely to think it isn't something you should even try because it is for the monks. Well, this isn't true. In this book, I will show you how to meditate to fight stress, depression, anxiety and restore...

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