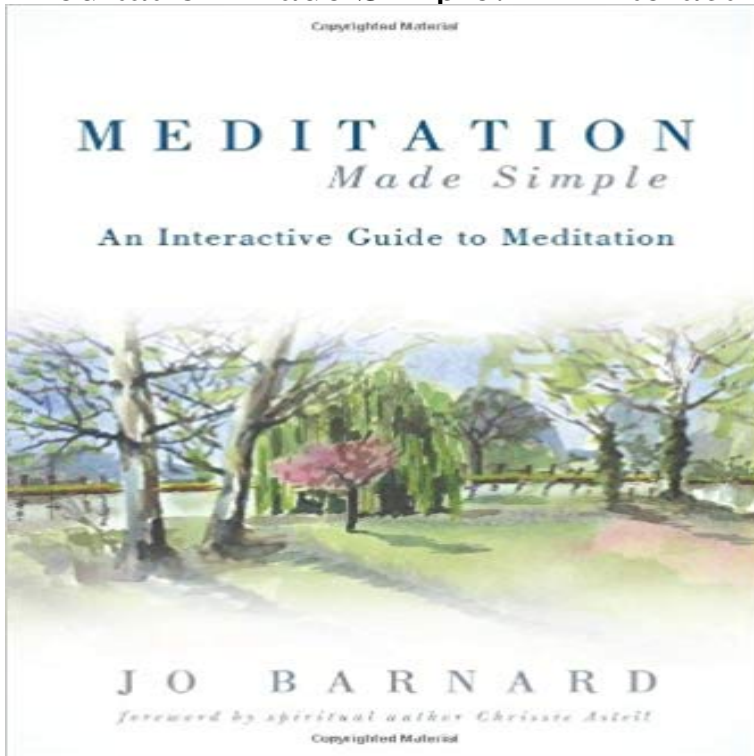


# Meditation Made Simple: An Interactive Guide to Meditation



Hectic life? Feel like you're racing along on a hamster wheel? Want some inner peace but don't know how to achieve it? If your answer is yes, then be sure to read on.

Meditation Made Simple carries with it a simple message: anyone can learn to meditate, regardless of culture or belief system. It doesn't take long and it's not difficult; it's simply a matter of finding a technique that works for you as an individual. Busy mum, well-being expert, and author, Jo knows how little time you have. In *Meditation Made Simple*, she will help you to: understand how meditation can benefit you in so many ways; appreciate how easy meditation can be; explore a few simple techniques to discover which work for you; enjoy results very quickly and easily. And with plenty of space to make notes and record your findings as you go along, *Meditation Made Simple* becomes not just a book to read but a completely interactive learning experience.

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