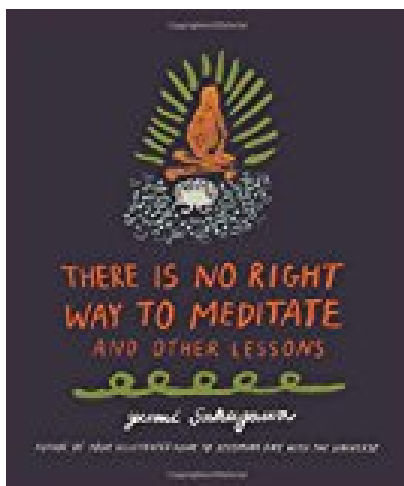


There Is No Right Way to Meditate And Other Lessons



BOOK DETAILS

- Author : Yumi Sakugawa
- Pages : 96 Pages
- Publisher : Adams Media
- Language : English
- ISBN : 1440592527

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BOOK SYNOPSIS

Take a Moment and Breathe! In *There Is No Right Way to Meditate*, award-winning artist Yumi Sakugawa helps you tap into your inner self and finally find the peace that you've been seeking. Each page offers a unique perspective on how to lead a more mindful life, with captivating ink illustrations and encouraging words like, "it's okay if the only thing you did today was breathe." From simple ways to get rid of a bad mood to instructions for making your intentions come true, her lessons will inspire you to become more aware of the present moment and find stillness no matter where you go. With Yumi's uplifting guidance, you will dig deeper into your soul to discover the tranquility already surrounding you.

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