



# **Real Meditation in Minutes a Day: Enhancing Your Performance, Relationships, Spirituality, and Health**

*Joseph Arpaia, Lobsang Rapgay*

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Got a few minutes? You can:

- Reduce your stress, even when under pressure
- Sleep better
- Get re-energized
- Think more clearly, and more creatively
- Reconnect with the people who count on you
- Learn to recognize and encourage the best in yourself

You know that meditation would probably be good for you, just like you know that you should floss your teeth. First, though, you need the motivation to make it happen. This book, with its jargon--free tone and incredibly simple exercises--little but effective things you can do in just a minute at work, in the car, wherever--will make you want to meditate. You'll realize: it's just a good thing to do. Like flossing--only for your mind.

*Real Meditation in Minutes a Day* is an easygoing, always-encouraging mental workout buddy, ready to teach and train you. Throughout the book, composite everypersons "Maria" and "Brian" recount their efforts, reinforcing the basics, answering FAQs, and removing common obstacles and quandaries.

With its clear language and exercises that even the busiest of us can find time for, *Real Meditation in Minutes a Day* can help anyone to make meditation's very real benefits part of everyday life.

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