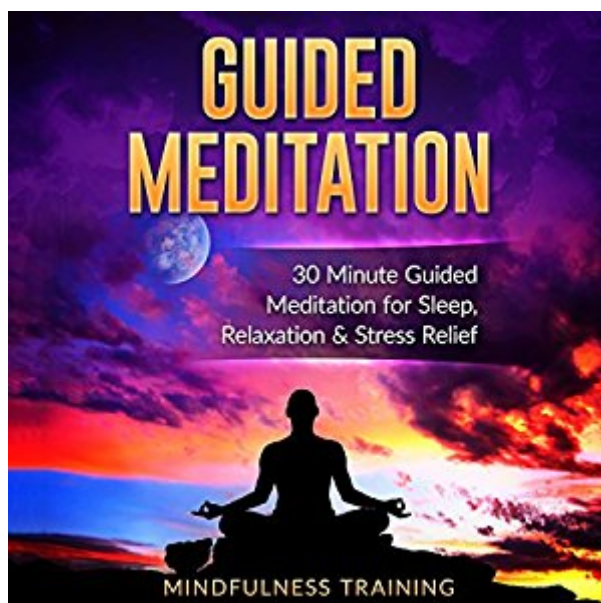


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# Guided Meditation: 30 Minute Guided Meditation For Sleep, Relaxation, & Stress Relief



## Synopsis

Learning to relieve stress through meditation doesn't have to be difficult. With this 30-minute guided meditation accompanied by an ambient soundtrack, finding stress relief and inner peace is as easy as pressing play. Throughout this audiobook, you will be guided from start to finish. We will begin with your current state of stress and bring you to a relaxed state of calm awareness, where you will be able to push all of the troubles of the day from into the distance and find peace within the inner solitude and relaxing soundtrack. With this wonderful guided meditation, you can practice at home or on the go, learning how to de-stress quickly and easily. This meditation audiobook will help you: Instantly relieve stress Increase inner peace Achieve anxiety relief Practice mindfulness There's no need to stay in a stressed state of mind.

## Book Information

Audible Audio Edition

Listening Length: 32 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Mindfulness Training

Audible.com Release Date: July 4, 2016

Language: English

ASIN: B01HU5J3KK

Best Sellers Rank: #28 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #120 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #210 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

I listened to the Audible audio of this meditation. I've been meditating for several years and I love guided meditations. This one resonated very well for me and I even use guided meditations for pain relief. I used this one during a particular time of day that's generally stressy for me and was left feeling refreshed and relaxed. That right there for me is worthy of 10 stars. The woman guiding the meditation sounded good to me. She spoke clearly, slowly, and was soothing. There are some major names in guided meditations of whom I can't meditate with because of their voices. Along with her 'easy on my ears' voice, the ambient music sounded good and neither overpowered the other. Recommended. I was given a copy of this book free of charge by the author, narrator or publisher in exchange for an honest review through Audiobook Boom.

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