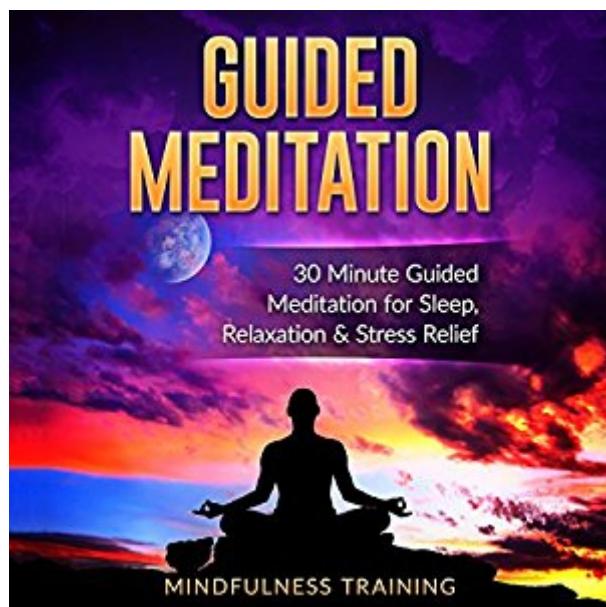


The book was found

# 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: #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #202 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #279 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

I read this to help me fall asleep.

This item is exactly as described!

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.

I hope this is okay, I haven't received it yet so I can't comment.

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Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Sleep Apnea Book: Secrets of Sleep Apnea Treatment, Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respiration) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Relaxation: Sleep Inducing Guided Relaxation Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen American Football Sketch Gray Scale

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