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10 Best Books on Meditation -- for Both Budding Meditators ...

There's a lot out there on meditation, and I've read a veritable mountain of books on the subject, so I've collected what I believe to be ten of the best books on meditation out there.

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Make mindfulness your mantra with the calming and stress-reducing powers of meditation. Unplug with meditation books and learn about the art of stillness. Plus, enjoy free shipping when you spend \$25 or more.

17 Best Meditation Books for 2018 - Meditation Guides for ...

This meditation book (from the editors at O, The Oprah Magazine) is a collection of essays that grounds the abstract nature of meditation with stories of the pleasures and setbacks that are all part of the human experience.

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Meditation for Beginners is a quick (like, under 100 pages) and dirty guide to meditation so that you can get started on your practice right away. This book comes with a CD of guided meditations, and as a beginner, I have to say guided meditations are so helpful for keeping focus and really dedicating yourself to the full practice without any interruptions.

The 5 Best Books on Meditation & Mindfulness - Melbourne ...

Meditation Made Easy is probably the most accessible book on meditation you'll ever read. It's full of helpful and user-friendly tips for getting started as well as wise suggestions for modifying a stale or stagnant practice. It's written in a light-hearted and humorous style. And it's easy to read.

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