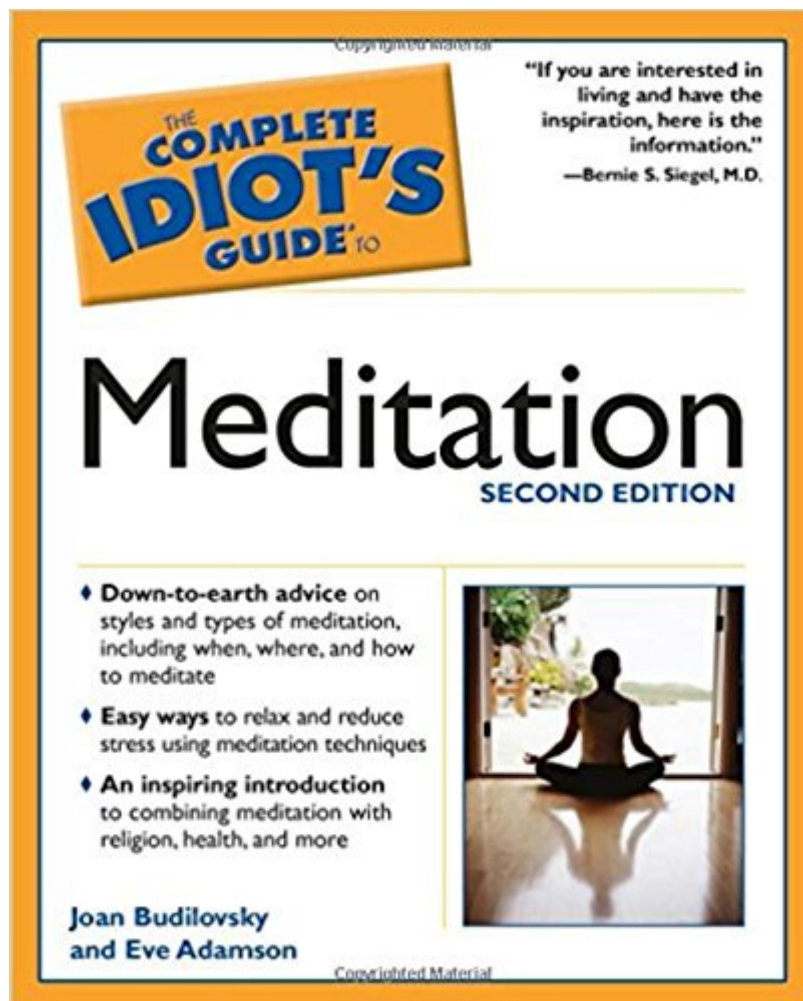




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# The Complete Idiot's Guide To Meditation (2nd Edition)



## Synopsis

You're no idiot, of course. Sometimes you just want to relax, clear your head, rest your aching muscles, and rejuvenate your weary soul. You've heard meditation is a great stress reliever, but sometimes it seems so complicated it makes you downright uptight. Relax! Meditation is easy to learn—especially if you rely on *The Complete Idiot's Guide to Meditation, Second Edition*, as you follow the path to inner peace. In this *Complete Idiot's Guide*, you get:—Zen techniques, including guided imagery and mindfulness, to help you meditate effectively.—Tips for learning how to use meditation in daily life, including stressful situations, exercise, and fatigue.—An easy-to-understand explanation of the connections between meditation, sleep, and dreams.—Expert advice on how and when to meditate and detailed drawings and diagrams for breathing, positions, and more.—Techniques for meditating to music or modern chants.

## Book Information

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## Customer Reviews

Joan Budilovsky began her yoga and meditation studies in 1976 and currently serves on several college faculties in Illinois as a yoga, massage, and meditation instructor. Eve Adamson is a veteran pet writer with hundreds of published articles and is contributing editor to *Dog Fancy*. She is also co-author of several books including *The Complete Idiot's Guide to Yoga Illustrated*, *The Complete Idiot's Guide to Meditation*, and *Empowering Your Life with Joy*.

It makes me feel like we are all idiots just from reading this book. Meditation has so many benefits that it should make anyone wonder why we aren't all meditating! Well, until I read this book the answer seemed pretty clear: no time, no patience to sit down, not exactly something pleasing to do, not a suiting lifestyle, etc... This book completely breaks those barriers - it teaches so many techniques and methods that is hard not to find one that will suit you. It is a great introductory book but takes things much further. Joan and Eve explain things, actually explain them, instead of just saying "Do this", like so many meditation and self-help books. They do rely on some outdated scientific information and should be more cautious when talking about herbs, but that doesn't take any merit from the book (that's not what it is about!). It also has so much information that it may be a little confusing for a beginner, but if you take it slowly it is quite pleasant. So, if you are looking for a book on meditation this is the one - it will not only teach you and motivate you to meditate, but will make meditation a way of life, putting you in tune with yourself and with the rest of mankind and even the planet (I'm not getting "new-agy" here, the book really has techniques aimed at this kind of objectives). In one sentence, my review would be "Buy it."

When I bought this book I wanted to know step by step guide to meditating. This is the book it gives you insight to "Chi" and a quick quizzes to take as guidance. The use of dreams to tap into meditation, crafting stress responses, how to create a meditation space at home. Different meditation poses and how to meditate away from home. I have taken a couple of yoga classes and still have questions that I'm afraid to ask. I don't want to sound stupid, so this book answered most of my questions without feeling embarrassed. I don't feel like an idiot, but I now have more insight into the process of meditation, which I didn't have before

This book is a fun and detailed guide to the world of meditation. Great for reference but I wouldn't use it as an introduction as it is intimidatingly big.

I am SO glad I bought this book! I have Idiots Guide to Stretching and I use it often; but decided to give yoga another try, after years of not practicing.. The book is straight forward, easy to understand illustrations and explanations to terms of yoga.. safety concerns are also explained simply and plainly... Some might not like the drawn pictures instead of photos, but I like these better.. photos of people looking like a pretzel intimidate me anyway. I bought the Idiots Pocket Guide to Yoga Poses too... I recommend buying these 2 books as a set.

My favorite yoga teacher recommended this and several other books to me and suggested I start by reading this one. I've practiced yoga for about three years now with some seriousness and found this an excellent reference to a wealth of yogic knowledge broken down in a digestible way. It's provided me with new insights into my practice and is a wonderful reference.

Perfect book for the beginner and seasoned yogis...lots of information and well illustrated..always something more to learn in yoga and to learn it properly

i really never understood this book, guess if you're a new age person you might enjoy it. If you liked this review, please click the YES button, thanks.

Delivery was fast. This book is in great condition. I'm not an avid yoga person but I could learn a thing or two with this book and it has great illustrations, which I have tried out. NM

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