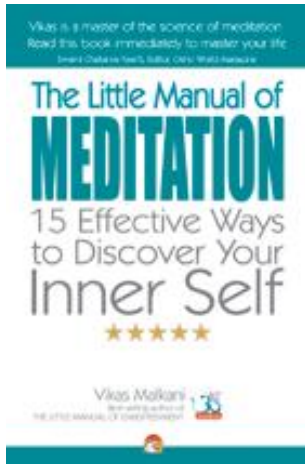




## The Little Manual Of Meditation



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Want to know about the benefits of meditation?

This little manual tells you about an ancient practice that has been used by people who seek a life of peace and purpose. It is special because the author, a best-selling writer of over 24 books, is an internationally renowned master of meditation.

## Contents

1. Pay Attention
2. Look Within
3. Make an Investment
4. Improve Your Health
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6. Breathe Right
7. Focus Your Mind
8. Discover Yourself
9. See the Reality
10. Stop Worrying
11. Turn Stress to Strength
12. Heal Yourself
13. Enjoy Life
14. Reach Out
15. Expand Your Consciousness

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