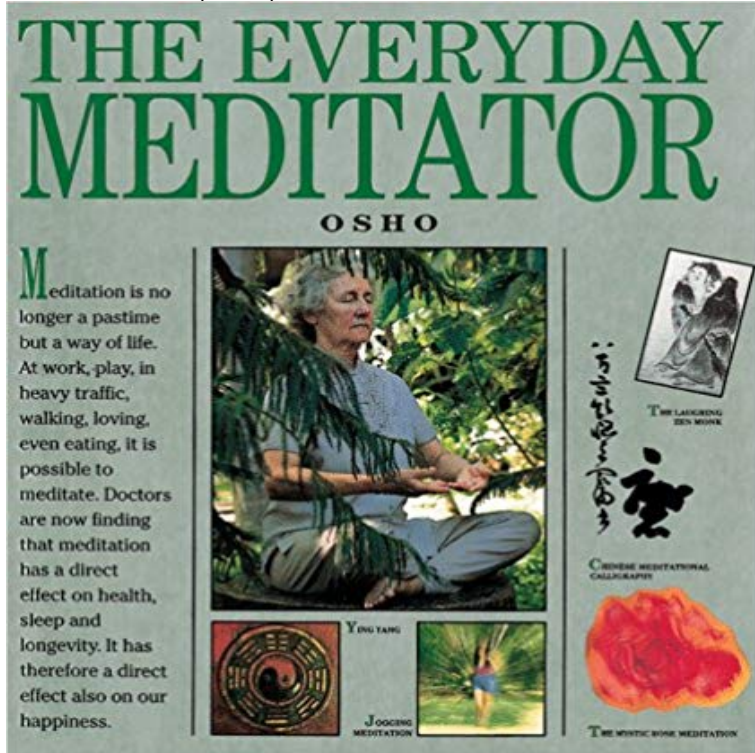


## The Everyday Meditator: A Practical Guide



With 70 different techniques for different times - morning, afternoon, evening and holidays - this book explains how inner peace can be found during everyday life and everyday activities, such as jogging, waiting in a queue, and walking down a crowded street, or by finding your inner smile. It shows readers how, instead of meditating for one hour a day, they can be in a continual state of meditation.

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