



## Meditation Healing Book and Card Pack: Energise Your Mind and Restore Your Body

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By Christopher Titmuss

Apple Press, United Kingdom, 2014. Cards. Book Condition: New. 195 x 145 mm. Language: English . Brand New Book. Learn to relax and achieve inner peace through the quiet philosophy and practice of meditation. This book helps to combat stress and conflict with the help of healing mantras beautifully designed on the accompanying set of 36 cards. Includes all you need to know about meditation: it highlights the most effective practices, thought patterns and exercises, arms you against life's difficult situations, and opens your mind to joy, insight, and wisdom. This book is part of the popular 4-part Book and Card Pack series which also includes: Crystal Healing; Dream Healing; and Spell Magic, all designed to help you get in touch with your mind, body, and spirit relations. The text of the book is written by Christopher Titmuss. The cards are the work of Rachel Chadd and reflect her views on meditation.



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*Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

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