



Change Your Life: 50 Daily Meditation-Affirmations That Anyone Can Do

Lucinda Curran

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Are there aspects of your life that you could improve? Tried meditation and just can't get the hang of it? Need to reduce your stress levels? As a student of life, Lucinda Curran has tried many techniques and found none of them sustainable. Instead, she has created this unique, inspiring and simple Meditation Routine that anyone can do. * Relieve stress * learn a simple Meditation Routine * Discover how to create new thought patterns, beliefs and attitudes * Bring a new sense of tranquility into your life * Use these stimulating meditations as affirmations throughout your day * Step into your light! The paperback version has a bonus 6 articles by the same author included.

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