

Meditation For Dummies Stephan Bodian

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About — Stephan Bodian

Stephan Bodian is an internationally known author, psychotherapist, and teacher. He leads regular intensives and retreats and offers spiritual counseling and mentoring to people throughout the world. His bestselling app *Mindfulness Meditation (with Mental Workout)* has been praised in the *New York Times* and the *Wall Street Journal*.

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Meditation For Dummies covers a range of subjects with humor and grace, from basic instructions to the discovery of our most profound spiritual depths. In Part 1 Bodian clarifies what meditation is (and isn't) and offers a number of compelling reasons to adopt this "advanced technology for the mind and heart."

Meditation for Dummies book by Stephan Bodian

Translated into seven languages, this book, now in its 4th edition with instructional audio, has introduced mindfulness to hundreds of thousands of people worldwide. “ *Meditation for Dummies* is a smart idea whose time has come.

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About the Author Stephan Bodian, a licensed psychotherapist and former editor-in-chief of *Yoga Journal*, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in *Fitness*, *Cooking Light*, *Natural Solutions*, and other national

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