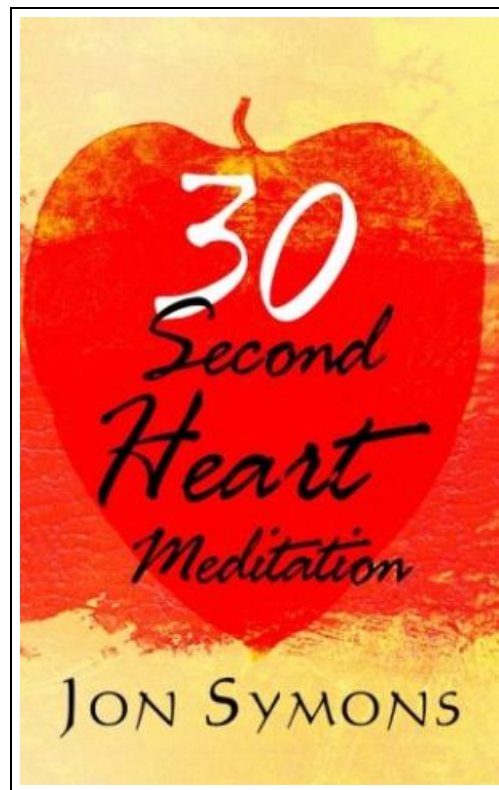


## 30 Second Heart Meditation How I Learned to Use Stress as Rocket Fuel for Peace of Mind, Harmonious Relationships, and Material Success



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**(Adrien Robel)**

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Jigsaw Online Media Inc. Paperback. Condition: New. 128 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. Begin to Find Peace and Resolution for The Most Pressing Concerns in Your Life in The Next 30 Seconds! Are you a total beginner, just starting to learn meditation Or have you have tried meditation, but just cant make any real progress: you just dont stick with it, or you have a feeling there has to be an easier way Welcome to my world for years (17!) I meditated. I realized I didnt even enjoy meditating, it was too much work. There was no doubt that it helped, but I never experienced the big changes, the transformations I was after. In fact, my life got much worse. Facing the possibility of bankruptcy, the end of my marriage, being shunned by friends and family, and failing health, I spent my evenings dreaming of getting relief by ending my own life. It was the only thing I could think of that could possibly bring relief. My outer reality was bleak and my inner world was total darkness. However, in the middle of immense anxiety and despair I found a way to start to move forward and eventually create peace and flow in my life on every level. Imagine a new feeling towards stress and pressure. In this reality you have discovered a surprising power inside. Now imagine a stress thats in your life right now; maybe its at work, or to do with a relationship, or something you are facing with your health. What if you had access to a wonderful meditation technique; a method of shifting your feelings away from fear or discomfort and into gratitude and excitement. How incredible would your life be if you saw stress as a game, a challenge that, once solved, handed...



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