



Five Minute Meditation: Mindfulness, Stress Relief, and Focus for Absolute Beginners

Lisa Shea

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We've seen all the studies. Meditation helps with focus. With relieving stress. With warding off Alzheimer's, reducing colds, and improving nearly every aspect of life.

But who has time for it?

This quick, simple book lays out exactly what you need to get started with meditation. It offers a variety of ways for you to meditate, so you can find one that fits into your hectic routine. And it only requires five minutes. Five quick, easy minutes to improve your life.

Take that first step, and see what wonderful results will follow!

This book Five Minute Meditation is intended to be free on all systems, to help those who are in need of support find a step toward a more contented life. If the system you are currently on requires a charge to download, all author's proceeds will benefit battered women's shelters.

Feel free to contact Lisa if you have any questions about her routine - she's happy to help!

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