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8 Minute Meditation: Quiet Your Mind. Change Your Life.

By Victor Davich



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Newly expanded: the bestselling beginner's guide to mindfulness and better health in eight minutes a day.

These days everyone is learning mindfulness, from the Super Bowl Champion Seattle Seahawks to stars like Goldie Hawn and Ellen Degeneres. But mindful meditation is not just for celebrities, CEOs, and professional athletes. Mindful meditation is an incredible tool that anyone can master for a better life. This newly expanded edition features the original, easy, and complete eight-minute-a-day program with a new introduction that aligns the concepts of mindfulness and meditation more closely together. In just the amount of time between television commercials, you can develop a powerful mindfulness practice that can last a lifetime.



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Editorial Review

Review

...Davich's little guide to meditation is indeed humorous, wise, effective, and resolutely nonsectarian... --
Library Journal

From the Author

I wrote this book because over the years so many people have come to me and said, "I'd love to learn to meditate, but....

It takes too long

I eat hamburgers

I'm not smart enough

It's too complicated."

And the list goes on and on.

So I created 8 Minute Meditation. It's not too long. In fact, it's the time between two TV commercials. So if you can watch 8 minutes of CSI, SNL, or Leno--you can start a meditation practice that can quiet your mind--and change your life.

About the Author

Victor Davich, the author of the highly acclaimed *The Best Guide to Meditation*, has practiced meditation for more than thirty years and studied with some of the finest teachers. He has also been an attorney, producer and marketing executive for Fortune 500 advertising agencies and major motion picture studios.

Victor's goal in writing his four books is to make eastern tools that yield practical results accessible to the west. To date, his books have empowered over 100,000 people to quiet their minds--and change their lives.

Users Review

From reader reviews:

Kevin Gans:

Do you have favorite book? In case you have, what is your favorite's book? E-book is very important thing for us to find out everything in the world. Each e-book has different aim or even goal; it means that e-book has different type. Some people sense enjoy to spend their time to read a book. They are really reading whatever they acquire because their hobby is definitely reading a book. Why not the person who don't like studying a book? Sometime, individual feel need book whenever they found difficult problem or perhaps exercise. Well, probably you will need this 8 Minute Meditation: Quiet Your Mind. Change Your Life..

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