



Meditation for the Rest of Us

By Baltzell, Jim.

Fairview Press. 1 Cloth & CD(s), 2009. hard. Book Condition: New. Often associated with Zen Buddhism, meditation can be practiced by individuals of any faith or background, posits James Baltzell. After briefly recounting the history of meditation, Baltzell answers some frequently asked questions and lays out what you need to do and think about to get started. A retired physician, Baltzell also enumerates the many health benefits of meditation, including stress relief, lower blood pressure and bad cholesterol levels, pain management, and improved memory. The book comes with a CD that features five guided meditations whose difficulty ranges from beginner to advanced. 115pp, 54 mins/2009.



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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- **Gavin Bosco IV**

Completely essential go through ebook. It can be writter in basic phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Jessy Collier**