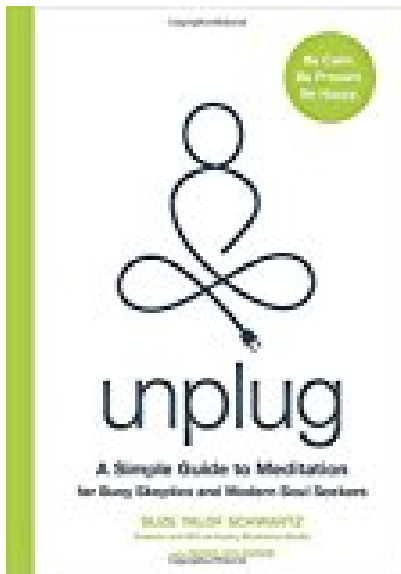


# Unplug A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers

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## BOOK DETAILS

- Author : Suze Yalof Schwartz
- Pages : 224 Pages
- Publisher : Harmony
- Language : English
- ISBN : 1101905360

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## **BOOK SYNOPSIS**

Whether you're a Fortune 500 CEO or someone bogged down with a never-ending to-do list, the proven secret to being more effective and living a happier, healthier life is to hurry up and slow down, to unplug. Studies show that you can get more done - and do it better - by doing less, just by consciously unplugging for a few minutes each day and meditating. This revolutionary book by the founder and CEO of the groundbreaking LA-based meditation studio Unplug Meditation brilliantly simplifies this powerful practice and shows the overwhelmed and overworked how easy it is to unplug in order to relieve stress, regain focus, and recharge. This modernized approach to meditation will appeal to anyone, even if - especially if - you believe you have no time, you can't sit still, or that "it's just not you." Schwartz debunks the common misperceptions about meditation, including the notion that you need to sit still for long periods of time, or that you need to "turn off your brain." She also shares the life-changing benefits you will experience, the proven science of how meditation literally changes your brain, as well as easy techniques and tips to easily incorporate meditation into your daily life. From the Hardcover edition.

### **UNPLUG A SIMPLE GUIDE TO MEDITATION FOR BUSY SKEPTICS AND MODERN SOUL SEEKERS**

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