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## 9 Secrets of Successful Meditation: The Ultimate Key to Mindfulness, Inner Calm & Joy

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3 of 3 review helpful Great Practical Book on Meditation By A Customer When I started reading this book by Yogi Dr Samprasad Vinod I continued reading it till end It is full of interesting stories anecdotes practical guidelines that are useful for beginners as well as advanced meditators The language is simple and lucid Important thing is it is written by an experienced yogi who has a rich family tradition of yoga ru Only those who enjoy meditation will do it regularly and experience its many life enhancing benefits from an increased sense of inner calm to a feeling of deep joy in everyday life In this book experienced yoga and meditation teacher Dr Samprasad Vinod uses his 9 secrets approach to guide both newcomers and existing meditation practitioners alike in how to really embrace and get the most from a steady practice Coming from a rich spiritual heritage Dr Vinod s fathe About the Author Dr Samprasad Vinod MD PhD DSc has taught Yoga and Meditation all over the world for over 25 years including in India USA UK and Continental Europe He has written innumerable popular and research articles in leading international journals

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