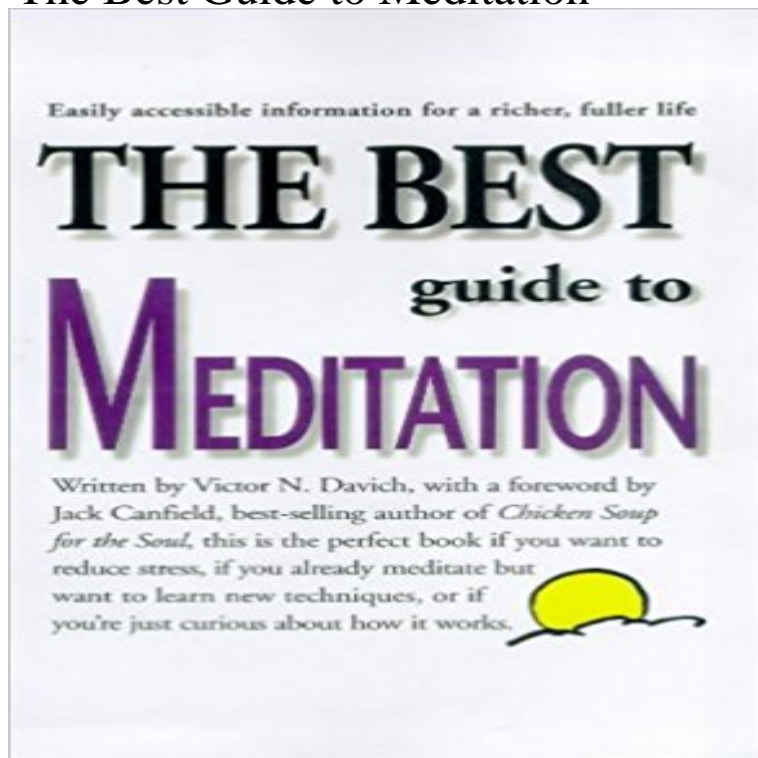


The Best Guide to Meditation



Do you want to learn how to meditate -- or are you just curious about everything you've heard and read about meditation? The perfect introduction to the joys of meditation for the busy contemporary listener, this comprehensive source strips away the mystique of meditation, making it accessible to all. The Best Guide to Meditation is jam-packed with everything you need to know about meditation and is presented in jargon-free language -- great for both beginners and accomplished students. This program is your path to all the benefits and joys of meditation: reducing stress, quieting your mind and calming your body, easing physical discomfort and strengthening your immune system, and discovering a deeper spiritual understanding of yourself and your world.

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