



Meditazione For Dummies (Hoepli for Dummies) (Italian Edition)

Stephan Bodian

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Un viaggio in se stessi per una vita più felice e più sana La ricerca scientifica prova che la meditazione è un ottimo sistema per ridurre lo stress, calmare la mente migliorando il proprio stato di salute e il benessere. Questo libro è adatto sia a chi si avvicina per la prima volta alla meditazione sia a chi l'ha già praticata in passato e desidera ripassarne i principi. Il testo offre numerosi consigli e tecniche alla portata di tutti.

- Principi di base della meditazione – che cos'è la meditazione e quali benefici può apportare in termini di riduzione dello stress, di miglioramento della salute e di aumento della pace interiore e del benessere
- Partire col piede giusto – istruzioni semplici e complete per iniziare a lavorare su di sé e sulla propria mente, e per imparare a meditare nel modo migliore
- Prepararsi alla meditazione – come preparare il corpo a meditare, focalizzare la propria consapevolezza e aprirsi al momento presente
- Perfezionare la pratica – come gestire le distrazioni che possono disturbare la sessione di meditazione, come pensieri ricorrenti, inquietudine, autogiudizio e altre

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