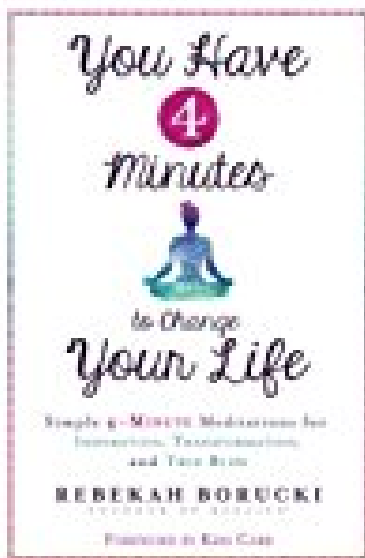


You Have 4 Minutes to Change Your Life Simple 4-Minute Meditations for Inspiration Transformation and True Bliss



BOOK DETAILS

- Author : Rebekah Borucki
- Pages : 248 Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 140194972X

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BOOK SYNOPSIS

I don't have time to meditate! Rebekah Bex Borucki has heard this a lot. A certified yoga and meditation teacher, she's taught hundreds of thousands of people how to create simple yet powerful meditation practices. In fact, as she'll show you in this book, you can change your life in as little as 4 minutes. After years of suffering from anxiety and depression, both as a child and as an adult, Bex took control of her mental and physical health by establishing a rigorous fitness and yoga routine that quickly evolved into her own regular, homegrown 4-minute daily meditation practice. Bex's 4-minute meditations combine mantras, affirmations, breathing and bodywork techniques, and they're designed so that even the busiest people can fit them into their lives. In this book, Bex guides you through 27 different meditation practices and shares personal stories that demonstrate how meditation has helped her overcome various challenges. She also answers commonly asked questions like "Do my eyes have to stay closed?" and "What do I do if my body starts to hurt?"; provides technical information about props, postures and mantras; and offers tools to cope with complex issues such as grief, body acceptance and relationships. By spending just 4 minutes a day with this practice, you will find deep, meaningful and lasting healing.

YOU HAVE 4 MINUTES TO CHANGE YOUR LIFE SIMPLE 4-MINUTE MEDITATIONS FOR INSPIRATION TRANSFORMATION AND TRUE BLISS -

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