



# Mindfulness Meditation for Beginners: Increase Inner Peace with Guided Meditation and Guided Imagery

*Richard Harris*

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In this increasingly hectic world, it is more important than ever to slow down and get centered. This meditation is for beginners who would like to practice mindfulness. It's intended to increase inner peace with specialized meditation techniques.

This meditation session will help you:

- Practice mindfulness
- Increase your inner peace
- Relieve stress and reduce anxiety
- Feel more centered and at peace

This audiobook includes:

- Guided meditation that includes step-by-step instructions to practice mindfulness and increase inner peace
- Deep relaxation music

Becoming more aware, mindful, and at peace are core elements for feeling more centered. The guided meditation in this audiobook is designed to give you the tools necessary for a more peaceful inner world.

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