



**Transcendental Meditation - Part 2: How to  
Relieve Stress, Improve Sleep and Achieve  
Happiness with Real Techniques of Meditation -  
PART 2 (NEW TECHNIQUES) (Daily Meditation)  
(Volume 2)**

*Alex Right*

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# **Transcendental Meditation - Part 2: How to Relieve Stress, Improve Sleep and Achieve Happiness with Real Techniques of Meditation - PART 2 (NEW TECHNIQUES) (Daily Meditation) (Volume 2)**

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Alex Right

This book is for those who are interested in what meditation is, and want to start doing it on their own. Of course, it's desirable to engage in meditation under the guidance of teachers, but to find a good teacher for meditation is difficult, so you have to go without teachers, drawing on your mind and in the law - external equals internal. The main thing to remember is that you can always meet outside with what you have inside you, and everything will be okay. If you're not rushing anywhere and set aside the desire to quickly achieve significant results, meditation sessions pass very quickly and the shortest route will take you wherever you need to go.

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