

**MEDITATION FOR YOUR LIFE: CREATING A PLAN
THAT SUITS YOUR STYLE**

Annette Meloy

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Be the first to add this to a list. That said, I wouldn't necessarily recommend this for someone who is already an advanced practitioner of meditation, but rather someone who may be new to it. The goal is to pass on two fundamental lessons: 1 it is possible to find a type of meditation practice that suits your personality for one to two quiet sittings a day, and 2 sitting silently in a meditation posture is only a small part of what I term the meditation lifestyle, which is necessary for a successful and enduring practice. Meditation is not a silver bullet or a magic pill. Use guided questions, exercises, and journaling to personalize your practice. None of your libraries hold this item. Log into add to list. Throughout the book, I will emphasize that an important shift occurs when a practitioner stops focusing on following a method and begins focusing on practicing for peace of mind. Inner stillness.