



8 Minute Meditation Expanded: Quiet Your Mind. Change Your Life.

By Victor Davich

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Newly expanded: the bestselling beginner's guide to mindfulness and better health in eight minutes a day.

These days everyone is learning mindfulness, from the Super Bowl Champion Seattle Seahawks to stars like Goldie Hawn and Ellen Degeneres. But mindful meditation is not just for celebrities, CEOs, and professional athletes. Mindful meditation is an incredible tool that anyone can master for a better life. This newly expanded edition features the original, easy, and complete eight-minute-a-day program with a new introduction that aligns the concepts of mindfulness and meditation more closely together. In just the amount of time between television commercials, you can develop a powerful mindfulness practice that can last a lifetime.

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Editorial Review

Review

“The most American form of meditation yet.” —*Time*

“Indeed humorous, wise, effective, and resolutely nonsectarian.” —*Library Journal*

From the Author

I wrote this book because over the years so many people have come to me and said, "I'd love to learn to meditate, but....

It takes too long

I eat hamburgers

I'm not smart enough

It's too complicated."

And the list goes on and on.

So I created 8 Minute Meditation. It's not too long. In fact, it's the time between two TV commercials. So if you can watch 8 minutes of CSI, SNL, or Leno--you can start a meditation practice that can quiet your mind--and change your life.

About the Author

Victor Davich has practiced meditation and mindfulness for more than thirty years. He has also been an attorney, producer, and marketing executive for Fortune 500 advertising agencies and major motion picture studios. To date, his books have empowered more than 100,000 people to quiet their minds—and change their lives.

Users Review

From reader reviews:

Patricia Jones:

Reading a e-book tends to be new life style in this era globalization. With reading you can get a lot of information that can give you benefit in your life. With book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. A lot of author can inspire their reader with their story as well as their experience. Not only the story that share in the publications. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors these days always try to improve their proficiency in writing, they also doing some study before they write to their book. One of them is this 8 Minute Meditation Expanded: Quiet Your Mind. Change Your Life..

Shea Cross:

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Jack Nguyen:

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