



# Beat Stress with Meditation: A Teach Yourself Guide (Teach Yourself: Philosophy & Religion)

*Naomi Ozaniec*

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## **Learn to relax and improve your well-being**

*Zone Out with Meditation* explains the relationship between mind and body, encouraging you to use meditation techniques to foster physical health and spiritual well-being. The book promotes personal growth and enables you to unlock your creative potential. It provides tools for coping with stress and for incorporating the benefits of meditation into all areas of life, from business to education, and with plenty of supporting materials and resources.

You can also visit [teachyourself.com](http://teachyourself.com) for extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry--this book gives you one-, five-, and 10-minute bites of learning to get you started.



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