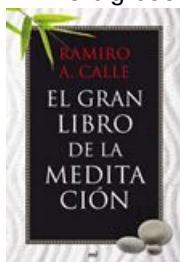


El gran libro de la meditación

The big book of meditation



Author: [Ramiro Calle](#) [1]

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Meditation is an age-old technique that has been used for generations, with multiple benefits. The source of health & well-being, its positive effects have been scientifically proven: it helps improve memory and can even develop our IQ. Due to the frenetic pace of our society, this practice has become an indispensable way of regaining inner peace, reducing daily stress & recovering clarity of thought. In this book, one of the foremost experts in yoga & meditation techniques provides a detailed study of these teachings, from radja-yoga to mantra-yoga meditation, by way of the Taoist & Zen schools. Moreover, this manual simply and efficiently explains the necessary attitude for meditating, breathing patterns & correct posture, as well as how to enhance your relationships with others, improve your mental, emotional & physical health and, above all, the means to attain a much happier life.

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