



# How to Meditate: A Step-by-Step Guide to the Arts and Science of Meditation

*Jyotish Novak*

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## **How to Meditate: A Step-by-Step Guide to the Arts and Science of Meditation** Jyotish Novak

This clear and concise guidebook contains everything you need to start your practice. With easy-to-follow instructions, meditation teacher Jyotish Novak demystifies meditation—presenting the essential techniques so that you can quickly grasp them. How to Meditate has helped thousands to establish a regular meditation routine since it was first published in 1989. This newly revised edition includes a bonus chapter on scientific studies showing the benefits of meditation, plus all-new photographs and illustrations.

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