



# Guided Meditation Bundle: Mindfulness Meditations for Living in the Moment and Increasing Happiness

*Mindfulness Meditations*

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## **Guided Meditation Bundle: Mindfulness Meditations for Living in the Moment and Increasing Happiness** Mindfulness Meditations

This is the SCRIPT version of the audiobook bundle, “Guided Meditation Bundle: Mindfulness Meditations for Living in the Moment and Increasing Happiness”. The audiobook version is highly recommended for the full effect.

It can be difficult to squeeze meditation classes into a busy schedule, leaving many would-be meditators without an instructor to guide them through the process. The meditation bundle is intended to replace meditation classes. Now, you can have a guided meditation session whenever it is most convenient for you.

This bundle includes the following meditation audiobooks:

1. Guided Meditation for Living in the Moment
2. Guided Meditation for Mindfulness and Clarity
3. Mindfulness Meditation: Learn How to Be Happy Living in the Moment
4. Guided Meditation: Learn How to Relax While Living in the Moment

This bundle will help you:

- Meditate anytime, anywhere
- Live in the moment
- Feel happy and relaxed
- Find peace of mind
- Learn how to feel happiness on command

Enjoy the benefits of living mindfully and in the moment. Learn how to focus your attention, calm the mind, and relax the body through meditation.

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