

Meditations for Mortals

**Four Weeks to Embrace
Your Limitations and
Finally Make Time
for What Counts**



**Oliver
Burkeman**

Author of *Four Thousand Weeks*

Meditation Sourcebook Meditation For Mortals

Maxye Henry, Lou Henry



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The Meditation Sourcebook Holly Sumner,2000 Meditation is often mistaken for a religion discipline or new age concept instead it s simply a healthy function of the brain Everyone can meditate but producing the meditative state on demand takes practice The Meditation Sourcebook can help both the beginner and the experienced practitioner providing how to techniques and comprehensive resources **Meditations for Mortals** Oliver Burkeman,2024-09-12 **The Meditation**

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