



# **Meditation and Relaxation Box Set: How to Use Meditation, Yoga and Essential Oils to Relax, Lose Weight and Relief Stress (Meditation and Aromatherapy)**

*By Olivia Henson, Victoria Simmons, Tiffany Brook*

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## **Meditation and Relaxation Box Set (3 in 1)**

### **Book One : The Magic of Meditation in the Real World How to use Meditation for Focus, Relaxation and so Much More!**

Meditation is one of those misunderstood concepts. Too many people get caught up in the thinking that it is too New Agey, too out there for them to use in their busy, modern lives.

They could not be more wrong! Meditation is a tool, a very effective tool that can help even the busiest person find their center, reconnect with their inner strengths and to improve their weaknesses as a person. Meditation can help them function better, with more clarity even in their high powered situations. In short, meditation can be a great way to improve all aspects of one's life.

**In this book you will learn:**

- The basic concepts of meditation and simple ways to get started.
- The full benefits of a frequent meditation practice.
- How to use meditation for everything from emotional health to stress relief and even things like improved energy and weight loss.
- How meditation can benefit your entire family.

## **Book Two: Beginning Yoga:Discover the Power of Yoga and Meditation to Lose Weight, Relief Stress and Find Inner Peace**

For thousands of years, people have been practicing yoga and in return, been living enlightened lives. In today's society, it may be a bit difficult for anyone to feel a sense of peace in their lives. Which is when yoga should be introduced into one's life. Yoga is a quick getaway for anyone in a negative or stressful situation. After learning the several paths and poses yoga includes, anyone will be able to become a master at it.

Yoga doesn't have to take up all of your afternoon either. You can recuperate from any situation quickly and efficiently. Some poses take minutes to start showing an effect on your mind and body. So, while you're watching the news, waiting for breakfast to be done or if you're simply nothing, get up and stretch those limbs! Your mind, body and soul will thank you.

If you want to rid yourself of negativity or stress, this is the book for you. It's simple. You'll learn not only how yoga enhances one's mind, but how it benefits your health as well. With yoga, you have nothing to lose. You'll be able to eliminate whatever is weighing you down, your weight will remain within a reasonable number, and your health will be great.

### **Inside You Will Learn:**

- The Basics of Yoga
- The Several Paths of Yoga
- How to Eliminate Stress
- Which Poses Bring you Peace
- How to Drop the Weight
- Maintaining your Health with Yoga
- How Yoga Helps Your Mind

## **Book Three: Essential Oils for Beginners:**

# **Amazing Guide to Secrets of Aromatherapy with Easy Recipes for Stress Relief, Healthy Body and Mind**

When it comes to aromatherapy, the essential oils are the chief components of them, essential oils are used everywhere in the world, so the main extractions from the famous flowers and herbs are embedded in this book. The solution for every problem is present in the essential oils, whether it is about reducing the weight or getting rid of the mosquitoes.

Due to the instant results and less side effects, the essential oils are commonly used to optimize the desired results. If you are seeking the perfect blends for the healthier skin, cure of many diseases and reduction in stress, then you can get the bulk of recipes not only for above topics but also for many other conditions.

So, get the immediate remedies either implemented in the form of blend or individually from this book and alter the life with the help of the natural products.

## **In this book you will learn:**

- Unmasking the main concept of essential oils
- Revealing the inevitable effects of the aromatherapy
- Explaining the benefits of the essential oil purpose
- Guiding about the essential oils selection
- Unveiling the essential oils blends
- Considering the essential oil's preventive

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