

# 30 Guided Mindfulness Meditations for Beginners

*author: Zen Tones*

---

2026-01

## Synopsis

---

author	Zen Tones	
Horse Publishing	readBy	Iron
inLanguage	english	

Start your journey to a more mindful life with this essential 30-day guide to learning and mastering the art of mindfulness meditation. With day by day guidance and effortless exercises, this book will help you become familiar with the basics of mindfulness meditation, learn how to bring greater awareness into your daily life, and find peace and balance in just one month. Start your journey today and experience the life-changing effects of mindfulness! Enjoy!

## Reader's comments

---

**comment 1:**

â€œâ€œ ()