

# Beginner's Guide to Relieving Stress, Controlling Em

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2026-07

## Synopsis

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inLanguage	english

Learn seven steps to start your morning meditation routine! In *7 Steps to Morning Meditation: A Beginner's Guide to Relieving Stress, Controlling Emotions, and Finding Life Purpose*, you'll learn the basics for beginning your journey to becoming a yogi. From getting into the right mentality to understanding the fundamental benefits of yoga, this book will teach you the essential knowledge you need to begin being a practitioner of yoga. You'll progress from starting in a chair to Vairochana Posture. Ultimately the goal will be for you to become confident and calmed by the effects of your morning meditation routine.

## Reader's comments

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