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**daily meditations 10 minutes pdf**

30 Scripts for Relaxation, Imagery, and Inner Healing - Volume 1 by Julie Lusk Whole Person Press Table of Contents Becoming Relaxed Feeling calm, relaxed, and centered is a foundation for any guided meditation.

**30 Scripts for Relaxation, Imagery, and Inner Healing**

Mindfulness books that matter and have real impact are listed here. You'll find the most powerful mindfulness books reviewed and briefly summarised.

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