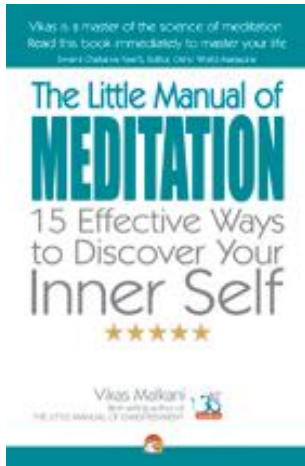




The Little Manual Of Meditation



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Want to know about the benefits of meditation?

This little manual tells you about an ancient practice that has been used by people who seek a life of peace and purpose. It is special because the author, a best-selling writer of over 24 books, is an internationally renowned master of meditation.

ABOUT THE AUTHOR

Vikas Malkani has been called many things over the years: Spiritual Guru, Zen Master, Motivator, Mystic, Rich Monk, Soul Coach and Reiki Master, to name a few. Other than that he is the founder of SoulCentre and a best-selling author. Vikas's forte is to make ancient wisdom simple to understand and easy to apply to create a life of health, harmony and abundance on all levels. A gifted orator, he is a keynote speaker at many international conferences and summits.

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