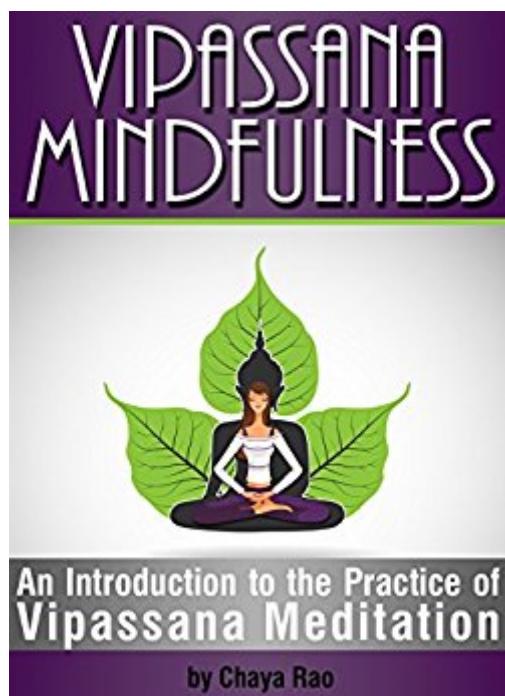


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# Vipassana Mindfulness: An Introduction To The Practice Of Vipassana Meditation



## Synopsis

If you want to learn how to incorporate a regular Vipassana Mindfulness practice into your life in order to reduce stress and live with greater peace and happiness, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Vipassana is not a belief system, religion, or a philosophy. Though Buddhist in origin, it isn't dependent on Buddhism, and you certainly don't have to be a Buddhist to practice Vipassana. Vipassana is a form of meditation, or a mental exercise, if you will, that has the capacity to do absolute wonders in your life. It's a fantastic way to relieve stress, anxiety, depression, reduce blood pressure, end drug dependency, and help with pain management – greatly minimizing the need for medication. It's also effective in dealing with anger management issues, post traumatic stress, and hormonal changes. The list doesn't end there. It's proven to increase productivity in the workplace, heighten memory, concentration, and focus, and helps those with cognitive difficulties. And best of all? It requires absolutely no investment or special equipment. It's free! This book will delve into Vipassana, explaining everything you need to know to practice Vipassana regularly (and successfully) in your life so that you can reap all its benefits, most especially ridding yourself of stress and anxiety, instead living with happiness, peace, and joy. Here Is A Preview Of What You'll Learn... What is Vipassana? Preliminary Preparations Sitting Vipassana (the First Exercise) Labelling Observing Motion Observing Sensation If You ABSOLUTELY Have to Move A Few Warnings Active Vipassana Much, much more! Download your copy today! Tags: vipassana, mindfulness, meditation, vipassana meditation, dhamma, dharma, mindfulness exercises, mindfulness training, vipassana yoga, vipassana meditation technique, Buddhism, vipassana buddhism, vipassana goenka, vipassana mindfulness, meditation, buddhist

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## Customer Reviews

I have been trying to meditate for a while. I would often just give up, thinking....I can't do this. I read about Vipassana Meditation and heard it was a bit different. And it is. It doesn't make me feel bad when the thoughts come rolling in, I don't feel bad that I can't stop the chattering in my head all the time....this book gave me great information on ways to calm the mind without making me feel like...."oh I just can't do it!" This book helped me to see the basics of Vispassana and helped me to feel better about my meditation practice. Am I great at meditation now? No. But I think I'm on a better road. I read this a little while back....I think it's time to read again...it's that type of book, one you can go back to and think..."hey, I get that now." or you might pick up on something you weren't so receptive to the first time around. It's short, and informational...so give it a try.

Meditating is one of the best exercises to relieve stress but aside from that as the author stated in this book, there are other long-term benefits we can get from meditation like happiness. It was a pleasure reading this book. Vipassana is really interesting and fascinating. I, personally would like to find out more about it and I know it would execute a great deal of awesome things to my mental and emotional calmness. This book is well-written with easy-to-understand information about meditation. My favorite part of the book is when the author gave helpful reminders about the possible discomforts you may experience when you start meditating and how to work on it. This book will be perfect for anyone who likes to start meditating as well as individuals who are looking for ways to relax and reawaken their senses. Great read!

Very simple and easy to read. I tried Vipassana previously without much information and found it really difficult. This is a short, complete handbook that is both engaging and short enough that if you forget something, you can just give 20 minutes of your time to read through the whole thing again.

As soon as I read it I practiced for 20 minutes and found it so much easier than before, because of the information in this book. Chaya Rao wrote this very well and I am forever grateful. Thank you so much. You are so appreciated.

My life tends to be hectic, and it is hard to be mindful of the all the things that make life so special. I really appreciate all the tips in this book for being mindful and stepping off the merry-go-round of modern life. I tried the sipping tea exercise just today and immediately felt relaxed and more aware of my surroundings. It was hard at first to let my mind go and turn off outside thoughts, but as I tried the exercises more and more, I was able to really be mindful and carry that calmness and stillness with me throughout the day.

I read this book because I have been hearing a lot about mindfulness and this book was a good place to start. I learned a lot about mindfulness and how to practice it. I like that there is no right or wrong way to think or feel in a given moment. What a freeing concept. If you are curious about mindfulness then give this book a try. It really helped me get started.

In my opinion, it is necessary to try several techniques to determine which is right for you. I decided to try Vipassana, and thanks to this guide is very easy to master it. For me, this is what I need! To those who like me wants to try Vipassana, I recommend this guide.

This a brilliant book on vipassana meditation. I've been trying to do a meditation. The book describes a very precise method of quieting the mind. After reading this book I practiced the breath observation meditation technique and achieved very good results, clearer thinking, better sleep, ability to cope with very stressfull situations. A must for anyone interested in meditation. It's truly worth purchasing!

Vipassana Mindfulness is a neat form of meditation I've never head of till now. I was intrigued to learn it's been used successfully in prisons to try and bring mindfulness to hardened criminals. I agree that everyone should regularly take "me" time. And the author makes it simple to use this form of meditation to do just that. With simple detailed direction, and tips and tricks to fit it nicely into your daily routine, you've everything to gain. This book gives you everything you need to know to give it a try, and de-stress yourself today. Great job Rao!

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