



## Meditation for the Rest of Us

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By Baltzell, Jim.

Fairview Press. 1 Cloth & CD(s), 2009. hard. Book Condition: New. Often associated with Zen Buddhism, meditation can be practiced by individuals of any faith or background, posits James Baltzell. After briefly recounting the history of meditation, Baltzell answers some frequently asked questions and lays out what you need to do and think about to get started. A retired physician, Baltzell also enumerates the many health benefits of meditation, including stress relief, lower blood pressure and bad cholesterol levels, pain management, and improved memory. The book comes with a CD that features five guided meditations whose difficulty ranges from beginner to advanced. 115pp, 54 mins/2009.



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