



Hurry Up and Meditate: Your starter kit for inner peace and better health

David Michie

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If meditation was available in capsule form, it would be the biggest selling drug of all time. It has been scientifically proven to deliver highly effective stress relief, boost our immune systems and dramatically slow the ageing process. It has also been shown to make us much happier and more effective thinkers. Given all the physical and psychological benefits, why aren't more of us doing it?

In this bestselling book, David Michie explains the nuts and bolts of meditation. As a busy professional, as well as long-term meditator, he also gives a first-hand account of how to integrate this transformational practice into everyday life. Combining leading edge science with timeless wisdom, *Hurry Up and Meditate* provides all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

"This is one of the most accessible and relevant books available on meditation. Hurry up and read it!"- Ian Gawler OAM, author of *Peace of Mind* and *Meditation: An in-depth guide*

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