



Feel Great Now: Meditation and Self Hypnosis to Declutter Your Mind, Accept Yourself, Increase Self Love, Relieve Stress and Find Inner Peace

M. Coach

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This is a meditation bundle that will help you detox your mind and view your circumstances from a new and empowering perspective. It is designed to show a different way of approaching life - a way that alleviates stress, broadens your perspective, and offers relief from everyday anxiety.

This bundle includes the following audiobooks:

- *Declutter Your Life: Guided Meditation to Clear Your Mind, Relieve Stress, Stop Worrying and Find Peace*
- *Radical Acceptance: Guided Meditation to Change Your Life, Transform Your Thinking, Feel Better Now and Become a Better You*

This bundle will help you:

- Clear your mind of stressful thoughts
- Observe your life without judgment
- Use reality to learn and evolve
- Instantly feel more at peace

These meditations are each about 10 to 20 minutes long and include four different settings:

- Meditation on the beach
- Meditation during a rainstorm
- Meditation near a flowing creek
- Meditation near a waterfall

This meditation bundle will help you clear your mind and strengthen your resilience to everyday stress.

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Frances Barrett:

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Marvin Boyer:

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Rodolfo Born:

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