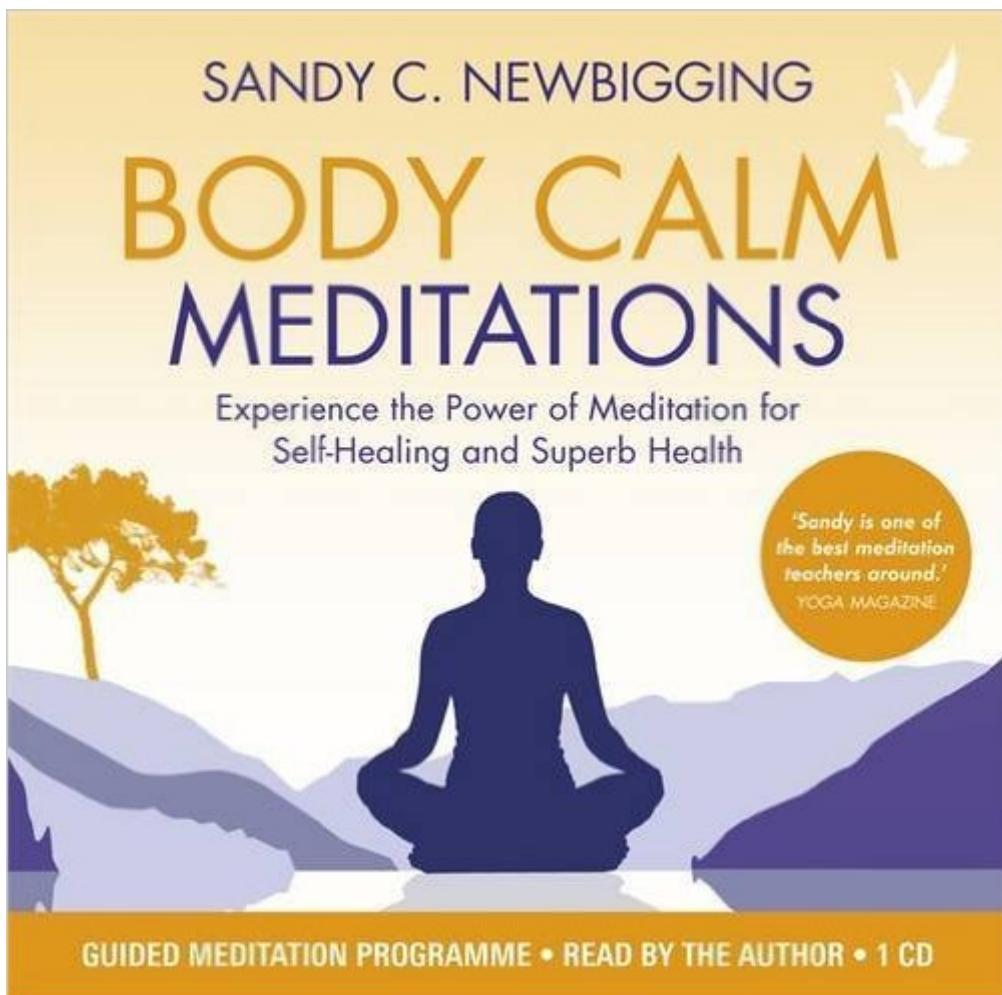


The book was found

# Body Calm Meditations: Experience The Power Of Meditation For Self-Healing And Superb Health



## Synopsis

Body Calm is a powerful way to meditate that uses the mind-body connection to help your body heal and stay healthy. Using these enjoyable guided meditations you can clear the main mind-based causes of inner 'disease' by developing key mental beliefs that enable you to engage with daily life in a much more relaxed and stress-free way. This ultimately gives your body the rest it needs to recover, and the holistic harmony that is the foundation of lifelong health and happiness.

## Book Information

Audio CD

Publisher: Hay House UK Ltd; Unabridged edition (January 5, 2016)

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Product Dimensions: 5.6 x 0.4 x 4.9 inches

Shipping Weight: 2.9 ounces

Average Customer Review: 5.0 out of 5 starsÂ  [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #1,098,340 in Books (See Top 100 in Books) #301 inÂ Books > Books on CD > Health, Mind & Body > Meditation #334 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #1833 inÂ Books > Books on CD > Religion & Spirituality > General

## Customer Reviews

I absolutely love this cd! The meditations are soothing, uplifting, and inspiring, and Sandy has the most wonderful voice for the meditation script, which is just perfect. The music is lovely and blissful, too. This is for healing the mind and spirit, as well as the body. I've been listening to the general meditation every morning when I get up and the individual meditations for each chakra, strung together into a longer meditation, later in the day. So glad I got this!

Fantastic I use it every day

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