



The 5-Minute Life Cure: Transform Your Life Through Just Five Easy Minutes of Meditation

Michael W. Malone

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Would you like to be a better person? Has the stress of life become completely overwhelming? Do you find yourself unable to concentrate, unable to meet your emotional or physical obligations? Have you given serious thought to just giving up on life altogether? This book is dedicated to changing your life one meditation session at a time. We will review the in-depth neuroscience behind what meditation does, how it works and how to maximize its benefits. By the end of this book, you'll be able to walk yourself through a meditative state and come out feeling refreshed and rejuvenated on the other side. You'll be able to let go of your fears and your stresses and have a completely focused and clear outlook on life. So, what are you waiting for? It's a 5-minute journey, it's quick, easy and rewarding. Let's take it together!

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