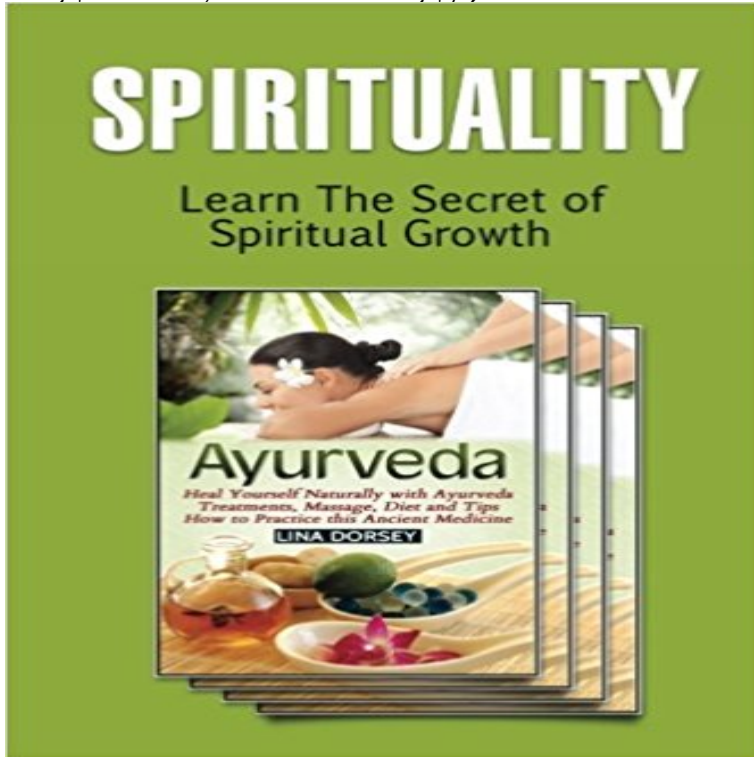


# Spirituality: Learn The Secret of Spiritual Growth (chakras, Yoga for beginners, Numerology)



BOOK #1: Yoga For Beginners: Release Body Tension With 24 Yoga Exercises and Relaxation Techniques to Practice at Home

As many of us know on a regular basis, the stress of life and everything that goes on can take its toll on our bodies. As of late, however, many people are discovering the many benefits that yoga can have in the improvement of their overall quality of life. In this book, you will see the many advantages that this can have and how there are a number of exercises that can improve the quality of life and reduce the stress and tension that a person will generally feel on many days.

BOOK #2: Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life If you want to lead a fulfilling, healthy and happy life, then Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life will help you achieve your aim. Guiding you through one chakra at a time, this book can help you to understand what chakras are, how they work, and how you can make a real change to your life as a whole.

BOOK #3: Yoga For Beginners: 18 Yoga Poses and Stretches to Help You Sleep Better Do you have trouble falling asleep at night? No matter what the underlying cause, insomnia can result in very real health problems including obesity, heart trouble, restlessness, fatigue, and even death! Fortunately, there is a very easy-to-learn, ancient technique that you can learn in the comfort of your own home and that requires no expensive equipment, and that technique can not only help you to get better sleep, but to change your whole life for the better!

BOOK #4: Ayurveda: Heal Yourself Naturally with Ayurveda Treatments, Massage, Diet and Tips How to Practice this Ancient Medicine Ayurveda is an alternative approach to

attaining health and well-being that is becoming widely known and accepted around the world. If you assume Western medicine does not have all the answers, this book is for you. You will come to see how this ancient tradition focuses on disease prevention and individual custom treatment to arrive at its goals. It is a holistic approach that is not at all at odds with modern life; in fact, it is the answer to the stress and anxiety that is becoming so rampant. One can learn to help oneself by applying its principle: the connection of mind and body with the world around us.

BOOK #5: Numerology: Cracking the Hidden Mystery Behind Your Birth Date  
The mathematical art of numerology has many adherents who value its benefits. To help you join this group, Numerology: cracking the hidden mystery behind your birthday offers an introduction to the subject, complete with definition, brief history and principles of practice. It is designed for the beginner who would like to undertake a reading in the near future or perhaps learn to conduct them with clients. Using the numbers reduced from your birthday, a world of revelation is at hand that will impact ones life events.

BOOK #6: Mindfulness: 15 Meditation Techniques to Bring You Peace and Happiness  
In todays busy world, more and more people are searching for a way to look within for peace and happiness. Meditation is as easy as sitting down and taking a deep breath - and it doesnt have to be a complicated process. This wonderful little guide offers you 15 simple meditation techniques that can bring you greater peace and happiness. Getting Your FREE Bonus  
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