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## Time to Meditate

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Author: Christophe André

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An accessible approach to meditation.

Taking the time to meditate can help restore our emotional equilibrium, inner calm, lucidity, tolerance, and goodwill. In this book, Dr. Christophe André, a pioneer in meditation in France, takes us by the hand and guides us, through meditation, toward our best selves. Includes a CD of exercises and nine basic meditations to help readers discover the practice for themselves.

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Sales in France: 60,000 copies