



# Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace

*Camille Maurine, Lorin Roche*

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Finally—an approach to meditation especially for women!

The benefits of meditations are manifold—but so few practices are tailored to the special needs and interests of women. Now, with *Meditation Secrets for Women*, you can discover how to love your body and find a time and place to tune into yourself and restore inner balance. Get in touch with your body's natural rhythms. Honor your instincts, and tap into your feminine power so that you can emerge nourished, revitalized, and joyful. *Meditation Secrets for Women* offers all the tools and insights necessary for women to design their own custom meditation techniques, without all the restrictions of traditional practices.

Learn How To:

- Make use of sensual, pleasurable meditation techniques
- Gain a refreshing, rejuvenating rest that is deeper than sleep
- Relieve stress and promote good health
- Relax and be yourself as you reap life-affirming benefits
- Live in harmony with your world
- Enhance your relationships and creativity

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