



Soul-Centered: Transform Your Life in 8 Weeks with Meditation

By Sarah McLean



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Soul-Centered: Transform Your Life in 8 Weeks with Meditation presents a secular, mainstream view of meditation and applies it practically as a tool for personal transformation. Each week's lesson in the 8-week program contains a key for navigating the journey of self-awareness, and each week's meditation practice builds on those of the previous weeks, making the process accessible and enjoyable for novices and experts alike. Inspiring stories from Sarah's own experience and from the students she's taught in her 20-year career as a meditation teacher further enrich the text. Her approach is grounded in leading-edge brain research that shows meditating for 27 minutes a day over 8 weeks can make a huge difference by altering the gray matter in areas of the brain that govern learning, memory, empathy, and stress.

Each of the lessons in the 8-week program is designed to provide a structure for creating a successful and sustainable meditation practice. As the readers build their meditation practice, they learn to undo stressful habits that don't serve them, cultivate compassion for themselves and others, and listen to and trust their inner wisdom.

The *Soul-Centered* journey is one of finding out who you really are; navigating your life based on that peaceful, loving, wise part of yourself; then fully and fearlessly expressing yourself in the world.

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Editorial Review

Review

Simple techniques to help you centre your mind. Women's Fitness

From the Back Cover

"Soul-Centered is entertaining, informative, and inspiring for even the most experienced meditator." - **Deepak Chopra**, author, *War of the Worldviews: Science vs. Spirituality*

"Sarah McLean weaves an inspiring exploration on the essentials of meditation, giving the first-time meditator all the tools they will ever need to explore the potential of their own awareness." - **Debbie Ford**, NY Times bestselling author of *The Dark Side of the Light Chasers*

"Sarah moves us from our mundane lives to the depth offered by our souls. She's a genuine teacher and a meditation goddess." - **Colette Baron-Reid**, Intuitive Counselor and Life strategist, author of #1 bestseller- *The Map- Finding the Magic and Meaning in the Story of Your Life*

"Basically, meditation is pretty simple; but for most of us, it's not easy. Sarah McLean's vast experience and loving approach to meditation and teaching, makes Simple... *Easy*." - **Lindsay Wagner**, Actress, author, advocate

"Sarah McLean has written a book that makes meditation and its many benefits accessible to everyone, novice and expert alike. The simple program she provides on a weekly basis will help all who want to see real change in their lives to begin a lifetime practice. And what could be more motivating than the recent brain science she presents, bolstering the power of meditation to transform our lives." - **Marci Shimoff**, author of the bestseller *Happy for No Reason*

"Soul-Centered is a perfect blend of scientific fact, spiritual philosophy and personal experience beautifully woven into a practical formula for everyday life! In a responsible, well-researched, and easy-to-use manual that you'll want to keep at your fingertips, meditation pioneer Sarah McLean draws upon her personal exploration of the world's spiritual traditions to give new meaning to the most basic experience of our lives-- the focus of our awareness in each experience and every relationship. The exercises Sarah provides following each chapter provide a beautiful opportunity to anchor in daily life what she offers in the book.

*"If you've always wanted the benefits of meditation, yet have felt overwhelmed by rigid traditions and techniques, then this is the beautiful book you've been waiting for. From engineers to homemakers, from politicians to healers, this book opens the door to the source of your deepest beliefs and sheds new light on every choice you will ever make in life. I recommend Soul-Centered for everyone that is ready to take their lives and relationships to the next level!" -**Gregg Braden**, New York Times bestselling author of *Deep Truth, The Divine Matrix and Fractal Time*.*

About the Author

Bestselling author Debbie Ford calls Sarah McLean 'the new face of mainstream meditation'. Her personal mission is to support and educate people seeking fulfilling lives, better health, inner peace and self-awareness. As the founding director of the Sedona Meditation Training Company, Sarah teaches meditation and self-discovery retreats. She was the founding program director of Deepak Chopra's mind-body health

center and was among the first to be certified to teach meditation by Dr Chopra. She has also served as a stress-reduction expert to such prominent organizations as Procter & Gamble. Find out more about her work at: www.sedonameditation.com or www.soul-centered.com.

Users Review

From reader reviews:

Hannelore Evans:

What do you consider book? It is just for students since they're still students or the idea for all people in the world, exactly what the best subject for that? Just you can be answered for that query above. Every person has various personality and hobby for every single other. Don't to be compelled someone or something that they don't need do that. You must know how great in addition to important the book Soul-Centered: Transform Your Life in 8 Weeks with Meditation. All type of book could you see on many solutions. You can look for the internet resources or other social media.

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Charles Hopper:

Precisely why? Because this Soul-Centered: Transform Your Life in 8 Weeks with Meditation is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content within easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I had been you I will go to the publication store hurriedly.

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