



Guided Meditations For Health & Wellbeing

Dan Jones

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This book is a collection of 35 royalty-free therapeutic guided meditations mixing meditation with psychological therapy to create highly effective guided meditations to be read to others to guide them, or recorded to be listened to.

Many of these meditations use a mindfulness or focused meditation approach whilst mixing in therapeutic elements from cognitive-behavioural therapy for the listener to hear both to contemplate on or follow during the meditation, and/or to learn to do additionally outside of the meditation setting.

These meditations can be for personal use, used with clients and groups, or used to make your own meditation products like CD's or Mp3 downloads.

Dan Jones has over 20 years' experience with the healing arts, he has studied various forms of meditation and therapy. His YouTube videos have been viewed over 1.5 million times, and his self-help mp3's have been downloaded over 500,000 times.

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