



The Vibrant Life: Simple Meditations to Use Your Energy Effectively

Donna Leslie Thomson

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Here is a simple and direct method to enhance your physical and emotional health ? pay attention to your energy, understand it, and make effective use of it. The meditations in this book will help you do just that. Many of them take only a few minutes, you can do them almost anywhere, and the results might just change your life. The Energetic Life is a manual of practical meditations to help you address the issues of modern life.



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