

"What a wonderful book. I was converted from the first word. Read this book and leave the world that all meaningful understandings have started the best way. . . . I give it my highest recommendation."  
—Bhawan De Arora, Ph.D., author of *Real Wisdom*

# MEDITATION MADE EASY

LORIN ROCHE, PH.D.



## Meditation Made Easy

*Lorin Roche*

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# **Meditation Made Easy**

*Lorin Roche*

## **Meditation Made Easy Lorin Roche**

You've probably heard about the benefits of meditation: Sharper thinking, reduced stress, improved concentration, lower blood pressure, even increased sexual pleasure , all of these positive effects have been confirmed by science. In this uniquely accessible guide, Lorin Roche shows that meditation is that easy , and pleasurable.

Roche answers questions and debunks meditation myths, and gives three easy-to-follow techniques for getting started ?he Do Nothing Technique," "Salute Each of the Senses," and "Feeling at Home Exercise". He and shows you how to integrate "mini meditations" into spare moments of the day, from savouring morning coffee to taking advantage of the five minutes before a meeting. He explains how to overcome meditation obstacles, customise meditation to your own needs, and use your breath, voice, and attention as meditation aids. And he shows how meditation will give you the power to explore your inner passions , and enrich your sense of self.

## **Meditation Made Easy Details**

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Author : Lorin Roche

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Genre : Nonfiction, Health, Self Help, Spirituality

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## **From Reader Review Meditation Made Easy for online ebook**

### **Alexander Tomislav says**

Even though I have years of experience in meditation, I wanted to understand it better and learn more. As a book for beginners, this seemed ideal to refresh my ideas.

The author does a great job of de-mystifying meditation by explaining how natural and instinctive to humans meditation is. She also describes numerous techniques, and advises on progression through them.

I'm giving it 3/5 - one point deduced because there's no index, list or organization of the meditations listed in the book. And another point is deducted from the Kindle edition which has the layout terribly broken (tips and side notes end up at the end of the book, each on their own page, out of context).

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### **Jean says**

#### **Helpful**

I wanted to develop a meditation practice this year, but I struggled with emptying my mind. This book helped me to see alternative forms of meditation that could be rewarding and helpful.

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### **Kenneth Hughes says**

Aha! This is a book that is so affirming of what we already know on some level. It's not overly gushy but still has depth in its ideas of self-betterment and meditation. I oooohhh and ahhh often discovering clever new insights and ideas or affirming distant ones I had. That is usually the sign of a master at work. It's that feeling of being next to whoever wrote it and they are smart and cool and just get it while imparting information to you in such a trusted and clean way. It's good stuff. And easily for the novice or expert meditators.

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### **Carl says**

Easy to read, do-it-yourself tutorial on mediation. I picked it up cause I wanted to start meditating. I have yet to start, but that's my fault! The book is a wonderful slow progression through meditating.

B/B = BUY for referencing

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## **Alice Verberne says**

Great book for those in search of direction on how to start quieting the mind.

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## **Doogie64 says**

Please keep in mind that I gave the star rating immediately after I read the book but I am writing this review approximately two months afterwards.

This book is an ok book for a beginner in meditation. It covers a wide range of topics, but each of them are covered superficially. The audiobook is only about one-and-a-half hours long. It did not do much to convince me of the benefits of meditation, nor did it give me much insight into the wide variations of meditation. If you are looking for something quick and easy to help you get started, this might appeal to you. If you are looking for something more in depth, I would pass on it.

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## **Bjm Index says**

4

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## **James Burraston says**

This might be called "The Hedonist's Guide to Meditation." Using this approach, Roche does a good job of directing readers away from the most common mistakes people make when trying meditation as beginners. However, the role and value of ascetic practices still leak out here and there in his text. He also offers a nice variety of techniques for people to try out.

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## **Robert says**

Practical, easy to follow and entertaining. Perhaps best suited to a beginner, yet even experienced people will find applicable techniques.

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## **Synthia says**

The book lists quick ways to meditate. A lot of the exercises are about being aware of oneself and ones space- tuning in.

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## **Patrick Barker says**

I really like Lorin's approach to meditation. It's very westernized, but I think he understands that the biggest hinderance to helpful meditation is overthinking it. His approaches are very simple and I've found them useful in my life.

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## **Kaecey McCormick says**

3.5

This is a good introductory, no pressure book about meditation. I like the examples and the "problem-solution" portion of the chapters. The author offers different ways of meditating beyond what many people often think of as meditating. I'm glad I read it.

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## **Kate Millin says**

I have been reading this over a really long time using the book as my preparation before meditating, and most of the time it has worked really well for me. I still need to work more on getting meditation into my regular routine, but I have still found it useful even when coming to it off and on over the last 6 months.

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## **Jan De Niels says**

Two months ago, I meditated for the first time while volunteering in an ecological community in Argentina. I was surprised by how happy and relaxed I felt after the meditation session, so I decided to keep meditating on my own.

I read 'Meditation Made Easy' in the hope of learning more about the subject and I must say that Lorin Roche did a very good job. The book covers all the basics of meditation, gives you different meditation techniques for you to try out and most important — debunks some meditation myths.

I thought that whilst you were meditating your mind should be completely calm or blank, but at times my mind went racing in thousand different directions. When this happened I forced myself to be calm, became frustrated in the process and afterwards I'd feel more tense than relaxed. Turns out that it's perfectly normal that our mind is hectic at times; even more we should welcome this chaos! It's our bodies way of going through and processing all the emotions off the day. Once this is done you'll return to a more relaxed state.

I recommend this book to anyone who's interested in meditation.

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## **Becky says**

A book to revisit repeatedly - Got some nice ideas for starting.

