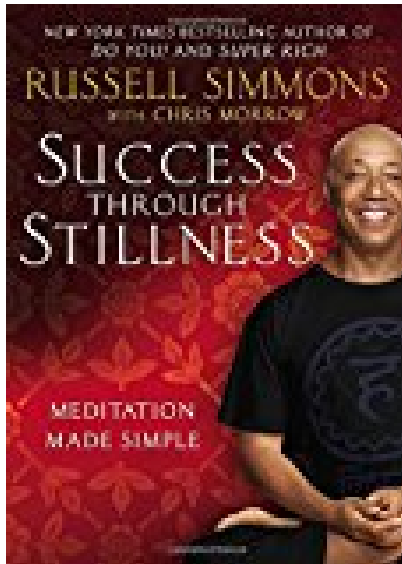


# Success Through Stillness Meditation Made Simple

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## BOOK DETAILS

- Author : Russell Simmons
- Pages : 224 Pages
- Publisher : Avery
- Language : English
- ISBN : 1592408656



## BOOK SYNOPSIS

Hip-hop mogul Russell Simmons, a meditator for the past fifteen years, shows the connection between inner peace and outward success. Simmons shares how meditation has contributed to the success of contemporary innovators and leaders in business, art, and entertainment, along with research that explores both mind and body benefits of meditation and how learning to be still has been instrumental in his own career. This is a beginners guide to utilising the mental toolbox we are all born with, but often forget how to use, to reach our full potential.

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