



# Walking Meditation (Brain Sync Series)

*Brain Sync*

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## **Walking Meditation (Brain Sync Series) Brain Sync**

Just slip on your headphones and start walking. Within minutes you'll feel a euphoric rush of releasing, as an intoxicating fusion of high-beta brain wave frequencies mixed with R & B rhythms stimulate your body to blast through blocks, boost beta-endorphin production, burn more fat, and dramatically increase heart health.

Walking Meditation provides 60 minutes of energizing music and frequencies that produce extraordinary peak experience body-mind states. Brain wave frequencies associated with higher cognitive processes and expanded perception focus your mind. These, combined with guided imagery spoken by Kelly Howell, transform your walk into a powerful meditation.

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Exactly why? Because this Walking Meditation (Brain Sync Series) is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret the idea inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of rewards than the other book get such as help improving your expertise and your critical thinking technique. So , still want to hold off having that book? If I were being you I will go to the book store hurriedly.

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#### **John Hickman:**

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