



# Meditate, A Guided Journal: Beat Stress, Improve Health, and Create Happiness

*Martin Hart, Skye Alexander*

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Store your notes, journal entries, and daily meditation records, observations, and to-do lists within the pages of this beautiful and inspirational journal. The best meditations on earth-- this guided journal is the perfect tool for you to keep your thoughts, meditations, inspirations, sketches, to-do lists and more. Quotes and illustrations on each spread complement the helpful tips, anecdotes, and ideas from meditations experts, **Dr. Hart** and **Skye Alexander**. This guided journal is not only a useful tool, but the perfect keepsake for inner thoughts and inspirations.

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