



5 minute
MEDITATION

an inside job

Bob Bannon

5 MINUTE MEDITATION: an inside job

by BOB BANNON

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SQRINDLE EDITION

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You are probably curious and interested in meditation or you wouldn't have bought this book in the first place. You've heard about meditation, its different practices, and the various health and mental benefits of meditating and for good reason. It's been in the news frequently. There are plenty of books, apps, audio recordings, and classes about meditation out there, and you may have become curious about this ancient technique that continues to gain enthusiastic followers. Let's explore what you can do to learn more about meditation and how to try it.

LEARN MORE ABOUT MEDITATION

The internet is a great place to look for more information about meditation. It may be how you discovered what you're reading right now. You'll find plenty of information about meditation, its long history, the various forms of it and, of course, some direction and instructions for getting started. This is a good place to start. You'll get the basics and enough information to dip your toes in with a simple meditation practice.

You can also find a lot of good books about meditation. Head on over to Amazon, your local bookstore, or the library and pick up a book or two on meditation. There are also some great apps out there with guided meditations. Search for meditation in your phone's app store. If you look on YouTube, you will find lots of help as well. We've added some suggestions on our last page.