

I'm human



## 3 minute meditation book

**Meditation 3 hours. 3 minute guided meditation for relaxation. 3 minute guided meditation with music. Meditation 3 summary. Meditation 4 summary. 3 minute meditation guided. 3 minute meditation before bed. 3 hour meditation benefits.**

Nina Smiley, Ph.D., dedicated her life's work to introducing mindfulness to everyday people in the real world. After earning her doctoral degree in psychology at Princeton University, Nina taught at the University of Maryland and worked for the American Psychological Association before joining Mohonk Mountain House in New Paltz, NY (www.mohonk.com), a unique Victorian castle resort where she is currently Director of Mindfulness Programming. Her work in mindfulness has been featured in prominent publications such as O, the Oprah Magazine, Shape, Real Simple, Marie Claire, and The New York Times. Nina leads programs and teaches private classes on simple yet effective mindfulness meditation techniques that can be applied anywhere, at any time. Nina's latest project, "The Three Minute Meditator," aims to help stressed individuals incorporate meditation into their daily lives despite feeling short on time. This comprehensive guide offers quick and easy exercises and meditations to manage stress, control fear and anger, and overcome feelings of loneliness. The book is co-authored by Nina Smiley, Ph.D., and David Harp, M.A., and includes a companion CD with mini-meditations to enhance one's life. This book provides practical exercises to help readers meditate and cultivate mental muscle, making it useful for those who struggle with meditation or want to incorporate it into their daily lives. The authors offer various techniques and encourage readers to find what works best for them, even suggesting ways to use meditation in short intervals throughout the day. Some users found the book's approach helpful, while others felt that the numerous labels and special names given to each technique made it overly complicated. Overall, the book is recommended for those looking for practical applications of meditation or struggling to master this life skill. \*\*Rewritten Text (Method: NNES - 30% probability selected)\*\* Download Flash Player Software for Your Device (Note: Since the original text was very short, the rewriting method chosen was NNES to introduce a slight deviation in wording while maintaining the core message. The added words "Software for Your Device" enhance clarity without altering the intent.)