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Whether you are new to meditation, a crisis meditator, or someone who has been meditating for years, Secrets of Meditation will take your practice, and your life, to the next level. In this insightful guide, davidji shares his own meditative path to awakening and explores the impact meditation can have on your physical health, relationships, emotional well-being, and spiritual life.

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davidji is an internationally recognized meditation expert, stress-management counselor, corporate trainer and author of the award-winning Secrets of Meditation: A Practical Guide to Inner Peace & Personal Transformation, and of the Amazon best-selling book on managing your stress through meditation: *decompressing: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind*

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