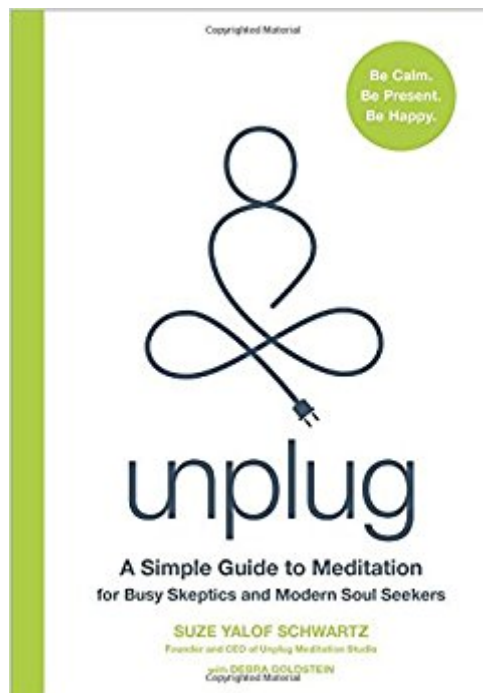




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# Unplug: A Simple Guide To Meditation For Busy Skeptics And Modern Soul Seekers



## Synopsis

A modernized approach to meditation will appeal to anyone, even if - especially if - you believe you have no time, you can't sit still, or that "it's just not you." Whether you're a Fortune 500 CEO or someone bogged down with a never-ending to-do list, the proven secret to being more effective and living a happier, healthier life is to hurry up and slow down, to unplug. Studies show that you can get more done - and do it better - by doing less, just by consciously unplugging for a few minutes each day and meditating. This revolutionary book by the founder and CEO of the groundbreaking LA-based meditation studio Unplug Meditation brilliantly simplifies this powerful practice and shows the overwhelmed and overworked how easy it is to unplug in order to relieve stress, regain focus, and recharge. Schwartz debunks the common misperceptions about meditation, including the notion that you need to sit still for long periods of time, or that you need to "turn off your brain." She also shares the life-changing benefits you will experience, the proven science of how meditation literally changes your brain, as well as easy techniques and tips to easily incorporate meditation into your daily life.

## Book Information

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## Customer Reviews

"Unplug reinvents meditation for today's distracted, stressed out and technology-besieged world. It's the book I wish I had when I first started meditating. Simple, smart, and inspirational, it provides concrete tools you can use to live a more fulfilling, happier, and yes, more productive life. • Arianna Huffington, bestselling author of The Sleep Revolution and Thrive" "Unplug is the ultimate guide to meditation and its powers. Suze Yalof Schwartz

expertly demystifies the essence of meditation, and how to achieve the revelatory rest, your mind and body need, to live a healthy and long life. — David B. Agus, M.D., bestselling author of *The End of Illness* and *The Lucky Years*

SUZE YALOF SCHWARTZ is the founder and CEO of Unplug Meditation. For decades she was a fashion editor, director, and stylist at *Vogue*, *Elle*, *Marie Claire*, and *Glamour*. She has appeared on *Today*, *Good Morning America*, *The Early Show*, and *The View*, as well as *The Oprah Winfrey Show* and *CNN*.

I thought this was a great book! An easy read with simple instructions for meditation. I like that she broke it down to the very basics and gave you different styles to choose from because every person is different and some of us are not meant to sit still!

This book is a breakthrough for the beginning meditator. It is clearly written, a great read and a valuable contribution to help people cope with life's challenges. G and P

This book was just what I needed! I ordered it early on, but then saw it yesterday on a table at the airport and decided to pick it up to read on my plane ride home. I'm not the greatest flyer and I have never meditated before, so I thought: why not give it a try? What an amazing find!!! I followed the suggestions of the author and actually meditated for the first time while sitting in my seat. I was truly amazed that I felt calmer than I have ever felt on a plane. I really didn't expect that (which may be why she addresses the "skeptics" in her title.) Additionally, I learned the hows and whys of meditating. Yalof-Schwartz makes the "how-to" as easy as you might want, with choices ranging from the "sixteen-second" meditation to some much longer but equally effective ones. And the "why" of meditation — that is, what it can do for you — are all scientifically backed up. And if that's not enough, some of the stories from the "teachers" at her studio in Los Angeles cannot help but inspire you. Thanks, Ms. Yalof-Schwartz. This book will go with me on all my future plane rides.

Call it meditations made easy! Schwartz inspires even the least likely meditator to sit, breath, and recharge your brain. Her 16 second meditation is so easy I have already meditated 5 times...and I

just got the book. Filled with DIY meditation practices and warmhearted stories of inspiration it is a quick read that will change your life for a long time!!!

As a "classic type A personality and over achiever:insanely busy and racing through life" I have had a hard time adopting meditation ...until Unplug: A Simple Guide to Meditation. This book makes meditation accessible and doable through engaging writing and relatable anecdotes. I loved it! I think it may have turned this cynic into a meditator!

loved it works great very simple directions lots of ideas very uncomplicated everyone should have one I bought 5 and gave them as gifts to my stressed friends

Good, clear and encouraging for a beginner.

I never thought I had time to meditate. The thought of it seemed overwhelming until I picked up this book. I received it on Tuesday and, it is such an easy read, have been able to get through a lot of it. This book really tries to take the mystery out of meditation and boils it down to simple concepts that are accessible to even nay sayers like myself. Will try to incorporate these techniques into my daily life and, hopefully, I will wind up as positive and happy as the author!

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