



The Best Guide to Meditation

By Victor N. Davich

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-Your doctor says you can control stress with meditation. Your doctor is right! It also works on anxiety and hypertension.

-This book jump-starts the novice by making meditation instantly accessible, and shows intermediate and advance meditators how to deepen their practice.

-Busy, busy, busy? If you're looking for peace of mind, happiness, relaxation, and serenity, try meditation.

-It's simple, it's natural, and its results can be permanent

-Who meditates...aside from Deepak Chopra, the Dalai Lama, and The Beatles? Well, Goldie Hawn, Barbara De Angelis, Richard Gere, Oliver Stone, Andrew Weil, M.D., and Howard Stern, to name a few.

-Feeling muddleheaded, slightly out of it? Meditating gets you in touch with your emotions and teaches you how to go with the flow.

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Editorial Review

About the Author

Victor N. Davich has studied for more than twenty-five years with several of the West's foremost meditation teachers. He has also been a business affairs attorney, creative consultant, and producer for Paramount Pictures, Fox Broadcasting, and Universal-TV. He resides in Venice, California.

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