



Wired to Meditate: Making the Connection with Your Divine Source

Susan Smith Jones

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Studies have shown that 20 minutes of meditation twice a day are actually more effective than drugs in reducing mild hypertension. In this audio version of her book *How to Meditate*, the author reviews both the spiritual and physical benefits of meditation. She also discusses the actual practice of meditation, offering several different approaches. By listening to Dr. Jones' message and practicing her techniques, you will learn to relieve negative stress in your life and benefit from the positive thinking that results. *Wired to Meditate* will help you make the proper connection to your inner source of power, love, and strength. Susan Smith Jones, Ph.D., is a renowned author, health and fitness expert, and Pulitzer Prize nominee.



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