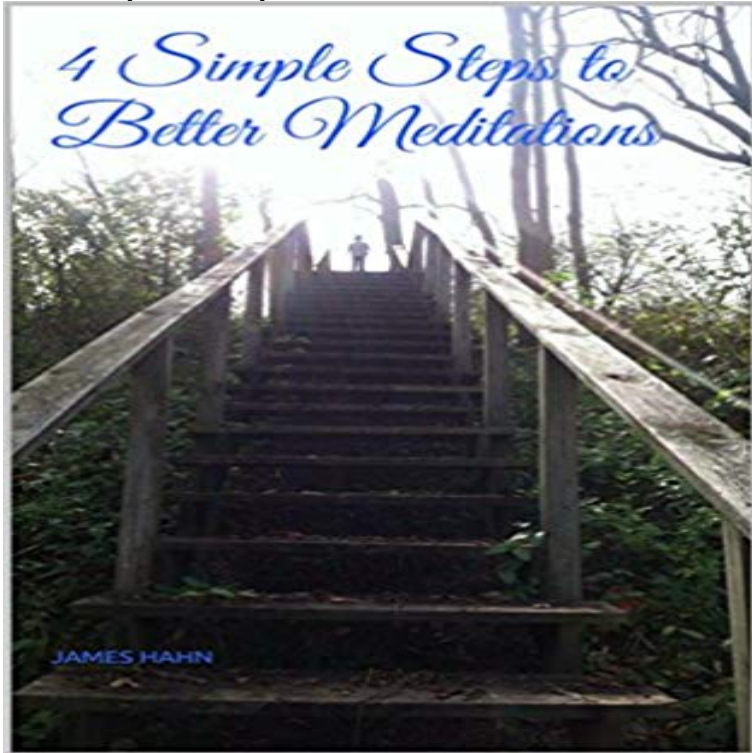


4 Simple Steps to Better Meditations



Don't have hours to devote to prayer and meditation? Have you really tried to pray and give time to God only to be distracted and discouraged? Do you want a step-by-step plan that's realistic and fits your state in life? In this short book, *4 Simple Steps to Better Meditations*, you'll find a proven way to meditate better and have more fruitful prayer times. In it you will learn about: 1. Why thinking about your thinking is important. 2. How to use Spiritual Ju-jitsu against distractions. 3. How to join Jesus in the Scriptures. 4. Why you should form the habit of daily meditation. With the *4 Simple Steps to Better Meditation* you will begin deepening your prayer life in no time.

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