

guided meditations

The disc included with this book contains twenty-one guided meditations, which all together comprise more than eight hours of audio programming. These meditations are in the MP3 audio format. Choosing this format made it possible for us to offer you a lot of audio content while conserving resources by including just one disc in the book. This disc will play on all MP3-compatible devices, which includes all personal computers and many home and car CD players. In order to use the disc, please choose one of the following:

MP3-Compatible CD or DVD Player

If you have a CD or DVD player in your home or car that displays the MP3 logo, your disc should play normally in that device. This is increasingly common, but not all devices support MP3. Even if your car player does support MP3, we caution you not to listen to these meditations while operating your vehicle.

Personal Computer

You can listen to this disc on a personal computer. Media player applications vary between systems, but most widely used applications, such as iTunes and Windows Media Player, will play MP3s. Insert the disc into your computer's optical drive. In most cases, your media player will launch automatically, and you'll be able to select the tracks you want to hear. If your application doesn't launch automatically, you should be able to open your media player and navigate to the track you want to hear through the application's file menu.

Portable Music Player

Using your media player application, you may transfer these tracks onto a portable music player such as an iPod or a Zune. Please refer to the manufacturer's instructions for loading music onto your particular device.

For technical support, please call New Harbinger Publications at (800) 748-6273 (USA only) or (510) 652-0215.

TRACK LIST

1. Mindful Raisin Eating (5:19) with Elisha Goldstein
2. Mindful Check-In (3:54) with Elisha Goldstein
3. Mindful Breathing (5:36) with Elisha Goldstein
4. Mindful Breathing (15:21) with Elisha Goldstein
5. Mindful Walking Meditation (10:27) With Elisha Goldstein
6. Body Scan Meditation (15:56) with Bob Stahl
7. Body Scan Meditation (31:59) with Bob Stahl
8. Body Scan Meditation (45:29) with Bob Stahl
9. Sitting Meditation (15:33) with Bob Stahl
10. Sitting Meditation (30:24) with Bob Stahl
11. Sitting Meditation (45:35) with Bob Stahl
12. Mindful Yoga Introduction (1:33) with Bob Stahl
13. Mindful Lying Yoga (15:59) with Bob Stahl
14. Mindful Lying Yoga (31:17) with Bob Stahl
15. Mindful Lying Yoga (44:38) with Bob Stahl
16. Meditation on Anxiety and Stress (30:02) with Bob Stahl
17. Mindful Standing Yoga (16:20) with Bob Stahl
18. Mindful Standing Yoga (31:15) with Bob Stahl
19. Mindful Standing Yoga (45:31) with Bob Stahl
20. Loving-kindness Meditation (15:38) with Bob Stahl
21. Loving-kindness Meditation (33:59) with Bob Stahl
22. Loving-kindness Meditation (43:48) with Bob Stahl