



The Kelee Meditation Practice: The Basic Principles of the Kelee

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The book is a step-by-step guide to Kelee® meditation. A medical study at UCSD Medical Center showed Kelee meditation significantly reduces stress, anxiety and depression.

Kelee meditation is different than other meditations -- it is based on stillness of mind. A still mind detaches from negative thoughts leading to calmness and clearer perception. In time, a calm clear mind helps the immune system and improves overall health and well-being.

100% of book proceeds is donated to the Kelee Foundation, a non-profit organization. The purpose of the Foundation is to help free other's like yourself from the burdens of life--and live, happy, healthy lives.

Kelee meditation takes 5 minutes to do -- it is a simple and healing meditation. Follow this easy guide and you can begin doing Kelee meditation today!



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