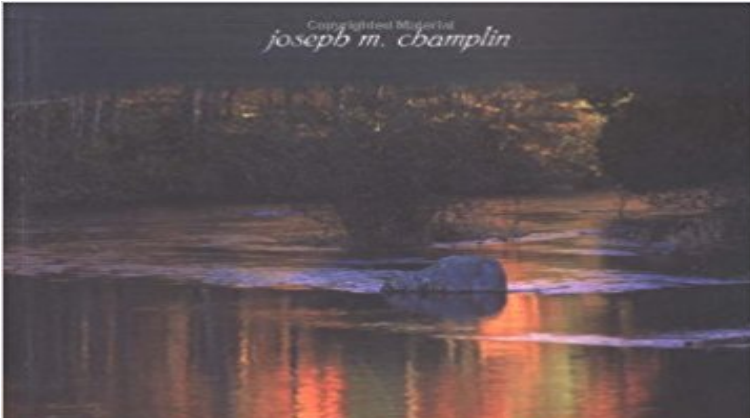


# Slow Down: Five-Minute Meditations to de-Stress Your Days



These 101 spiritual messages are inspired by a series of reflections aired on the radio by Father Champlin in Syracuse, New York. Now people everywhere can reduce the stress that results from our never-slow-down days with a little help from Father Champlin.

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Post-Work Meditation to De-stress and Let Go of the Busy Day But dont let this information increase your stress levels, for there are simple Meditate. Meditation is a powerful antidote to stress. In the inner quiet of the body and mind slow down and you instantly feel stress dissipate. I recommend 3 to 5 minutes of deep breathing, twice daily, and any time during the day when you

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