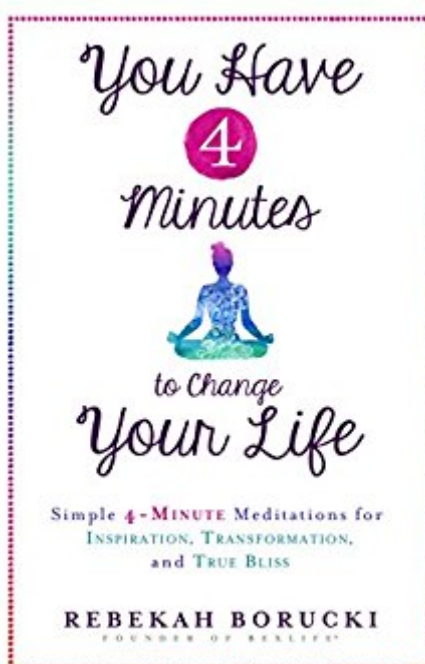


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# You Have 4 Minutes To Change Your Life: Simple 4-Minute Meditations For Inspiration, Transformation, And True Bliss



## Synopsis

“I don’t have time to meditate!” Rebekah Bex Borucki has heard this a lot. A certified yoga and meditation teacher, she’s taught hundreds of thousands of people how to create simple yet powerful meditation practices. In fact, as she’ll show you in this book, in as little as 4 minutes, you can change your life. After years of suffering from anxiety and depression, both as a child and as an adult, Bex took control of her mental and physical health by establishing a rigorous fitness and yoga routine that quickly evolved into her own regular, homegrown 4-minute daily meditation practice. Bex’s 4-minute meditations combine mantras, affirmations, breathing and bodywork techniques, and they’re designed so that even the busiest people can fit them into their lives. In this book, Bex guides you through 27 different meditation practices, and shares personal stories that demonstrate how meditation has helped her overcome various challenges. She also answers commonly asked questions like “Do my eyes have to stay closed?” and “What do I do if my body starts to hurt?”; provides technical information about props, postures, and mantras; and offers tools to cope with complex issues such as grief, body acceptance, and relationships. By spending just 4 minutes a day with this practice, you will find deep, meaningful, and lasting healing.

## Book Information

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## Customer Reviews

posted by wife of account holder: first of, let me say i have not finished the book by a long shot, but i am already loving it! i already feel like this is it! finally, i will learn how to properly meditate! #meditatedontmedicate I have tried meditating previously but give up because i can't stay focused so i assume i am failing. in this book, she acknowledges that no one is perfect and we can get distracted. it happens. this book provides great tools and knowledge to help you learn to mediate properly. no more guess. no more "i think this is what i am supposed to do", finally, i have a guide. i love that she states that meditation does not belong to any one religion. as a Christian, i have encountered people who see this as a strictly Buddhist practice and, as such, anti Christian. i have never felt that to be the case and that, also, is acknowledged in this book. exercise is another great stress reliever. does THAT belong to one religion? no. it is for everyone and to help everyone. i LOVE LOVE LOVE that the author connects you to more books that have helped her grow, more facebook groups and guides that will help you grow, AND gives you gifts! :) i believe that meditation truly can help you grow. if you are wanting to find out more about meditation, this is a great book to lead you in the right direction. you will not be disappointed!

I love this book! Rebekah has written a treasure trove of meditations for daily use. The book is written in a personal, conversational style - you feel as if you are sitting in an easy chair sipping tea with her. It's well organized and has a meditation for every need you may have. The meditations are short as she has promised and she guides you through them with understanding. This is definitely a book for those who may have avoided meditation because they dread sitting for 20 minutes or more trying to clear their minds. You will want to keep this book nearby as a reference for daily meditations. I've tried a few and they really work!

this is the best book on meditation I've ever read. It's accessible, simple without being condescending, not overtly spiritual (at least not enough to make this atheist uncomfortable), and there are real moments of humor in it. The author does a great job of using vignettes from her life to show how meditation can help anyone. I'm not doing 4 minutes every day, but I've done more

meditation since picking up the book than I'd done in a long time. I find that getting up before the rest of my family is the best time for me to spend my four minutes. (I get up, start the coffee, meditate, and then am rewarded with inner peace and inner caffeine.) Fair warning, though. This book made me cry. There were so many bits and pieces that I desperately needed to hear and it triggered a major emotional response. Your situation may look like a mess. That's real. But you are not that mess.^^This^^It's been a tough year. Between the divorce and losing my day job, things have felt pretty desperate, and it's hard to look at my situation and separate it from me. Reading this book was like shining a light on the darkness I've been harboring. Side note: I had a conversation with a dear friend last week. He asked me how he could assure a friend that she wasn't a failure because (a) her relationship failed, (b) no one liked her erstwhile partner, and (c) she didn't know said partner was unsuitable right away, and even when she knew, she stayed for a bit. I was able to give the best advice on that...advice that I should probably take for myself. My biggest pet peeve as a divorced person is the term "failed marriage." Ending is not failure. (Repeat, Amy. This is your mantra. Well, this and "You are not that mess.") Back to the review! One of the biggest stressors in the last year has been money. Just when I started to get back on my feet post-divorce, I lost my job. Unemployment doesn't cover my living expenses, and I quickly ran through my savings. So much of my self-worth is tied into my financial independence. I am not currently at a place of financial independence, and I'm so very fortunate that I have people willing to help me out until I am back to that place. Rebekah asks: If I separate myself from the idea that I don't have enough money right now, how do I feel? Can I feel contentment even if these so-called negative circumstances remain true? You know what? When I'm not stressed about money, I feel pretty damn content with my life. Obviously pretending that I have money I don't have is not going to work out as a career-path (I'm guessing I can't pay my car loan with contentment points), but it's easier to breathe when I remind myself that my current lack of solvency is not a reflection on my self-worth. This book came at a time in my life when I needed those reminders - it's so important to take the time to separate yourself, the parts that make you you, from the circumstances you find yourself in. Sure, in part, you shape your world, but just because things are hard, or crappy doesn't mean you have to internalize it. I plan on continuing to follow the meditations in the book. The one I've been using the last couple of weeks is "You Have 4 Minutes to Accept Where You Are in the Moment." The mantras associated with this meditation are exactly what I need to remind myself of every day. I am not broken or in need of fixing. I am worthy of being heard and of being loved as I am in this moment. My inner voice is wise, and I allow myself to listen to it without judgment. If you're interested in starting a meditation practice but are intimidated by the idea of quieting your mind for 30 minutes, this is the place for you. Four

minutes doesn't sound like a lot, but it's really making a difference for me.

You have the power to heal yourself, that is what this book helps you see. If you have ever experienced high anxiety and panic like you felt it was going to eat you alive, meditation is for you. Even if you've just experienced feeling disconnected and lacking motivation, meditation is for you. Rebekah has changed my life and for that I am forever grateful. I can relate to a lot of Rebekah's stories of growing up and not feeling safe. I have lived with high levels of anxiety all of my life. I remember even as a little girl I would pray to every God I knew to keep me safe. When my home life felt unbearable I always found a safe place in knowing God loved me. Last year I was going through an extremely difficult break up and I felt like I was going to die. I didn't know how it was going to happen but it felt like the only way out of my pain. I couldn't eat or sleep without feeling like my anxiety was killing me. The only thing that helped me was doing Rebekah's guided meditations on Youtube over and over again. I profoundly remember one moment when everything just went quiet and I knew in my heart that God was in control and had a bigger plan for me. I remember finally getting some rest and the next day I woke up bursting with love. I could finally breathe again. My situation had not changed and I still had to deal with the practicalities of the break up. But something big inside of me had changed and at times when things get overwhelming I always remember that feeling. Sometimes the breakthrough happens during meditation and sometimes truth comes to me much later after meditating. It helps me feel grounded and manage my anxiety. Meditation is my newfound love and I love learning more about it. The way Rebekah writes makes meditation accessible for everyone, no matter what your faith is. I highly recommend this book and will keep gifting it to friends and family.

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