



# **Soul-Centered: Transform Your Life in 8 Weeks with Meditation**

*Sarah McLean*

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*Soul-Centered: Transform Your Life in 8 Weeks with Meditation* presents a secular, mainstream view of meditation and applies it practically as a tool for personal transformation. Each week's lesson in the 8-week program contains a key for navigating the journey of self-awareness, and each week's meditation practice builds on those of the previous weeks, making the process accessible and enjoyable for novices and experts alike. Inspiring stories from Sarah's own experience and from the students she's taught in her 20-year career as a meditation teacher further enrich the text. Her approach is grounded in leading-edge brain research that shows meditating for 27 minutes a day over 8 weeks can make a huge difference by altering the gray matter in areas of the brain that govern learning, memory, empathy, and stress.

Each of the lessons in the 8-week program is designed to provide a structure for creating a successful and sustainable meditation practice. As the readers build their meditation practice, they learn to undo stressful habits that don't serve them, cultivate compassion for themselves and others, and listen to and trust their inner wisdom.

The *Soul-Centered* journey is one of finding out who you really are; navigating your life based on that peaceful, loving, wise part of yourself; then fully and fearlessly expressing yourself in the world.

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