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Authentic Living Wednesday at 1 PM Pacific March 08th 2017: Meditation for Stress

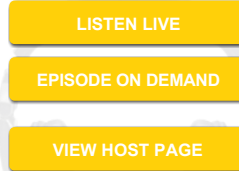
On several previous shows we have referred listeners to meditation as one of the most effective of ways to get in touch with the authentic Self. Today, we are going to be examining some meditation tools created by Michel Pascal, and used by Google, Harvard University and other major organizations to reduce stress. We will explore this from the angle of spirituality as well as physicality, mind and body. Many people say that meditation is too hard, and takes too much time. But our guest today proves neither of those to objections valid. His book, Meditations for Daily Stress, offers ten e

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Featured Guest



Michel Pascal

Michel Pascal is a French author, meditation teacher, singer, filmmaker and photographer. Michel's unique brand of meditation is being practiced at Google, Harvard University and many other major organizations. Before moving to the United States, Pascal lived in the Kopan Monastery in the Himalayas. He has spent more than 15 years adapting traditional teachings and practices for students around the world. His latest book, Meditation for Daily Stress: 10 Practices for Immediate Well-Being, is the subject of our show today.

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