



# UNIVERSAL MEDITATIONS

## *Recipes for a Peaceful Mind*

by David Less

International meditation guide and peacemaker David Less draws on his 40 years experience with universal spiritual practices to create easy-to-follow Meditation "Recipes" For Everyone, Everywhere.



**Author: David Less**

*"In this book, I hope to take the actual experience of meditation and bring it out of its exotic orbit and into the realm of everyday life as it is lived by each of us, no matter where or how we live, no matter who we are."*

**Universal Meditations  
Recipes for a Peaceful Mind**

**Author:** David Less

**Category:**

Meditation, Self Help, Spiritual

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Paperback hooch press, 2009,  
203 pages. 6 ¼ x 8 ¾, \$15.95.  
Now in its 4th printing and available in German, French and out soon in Chinese.

**Distributor:**

Ingram, New Leaf.

**Retail:**

Amazon.com (Kindle edition available),  
Barnes & Noble or

[www.UniversalMeditations.com](http://www.UniversalMeditations.com)

“David Less’s practical and poetic guide to meditation has something for everyone. Imagine a guide to meditation that is written so clearly that even a beginner can learn quickly, while experienced practitioners will discover beautiful new ways to get to the mind’s still point.”

- John Mackey: CEO Whole Foods Inc

## 12 weeks of meditation "recipes" guided step-by-step with supportive commentary.

Includes simple steps for preparing for a meditation practice. The meditation recipes are designed as a progressive course, but can also be done individually.

## A clear and simple guidebook that makes meditation easy and a peaceful mind possible.

Suitable for both beginners and seasoned practitioners alike. International Meditation Guide David Less shares his unique recipes for conscious repose of the mind. A valuable experiential guide for the reader seeking to live with a greater sense of peace and well being. Suitable for both beginners and seasoned meditation practitioners alike.

## A valuable meditation resource for practitioners of any faith.

Less' meditation recipes are not limited to a particular culture, religion or spiritual tradition. Universal Meditations has been translated into German and French and is currently being translated into Chinese. This book's depth and truly universal scope have already made it appealing and successful for a wide audience.

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