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Catherine M. Edwards, Michael J. Harris PhD

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Meditate...

with 366 Daily Quotes to Inspire Your Meditation!

Start at any time! Unlike many journals and diaries that start on January 1st, you can pick any day of the year to be the first day on your journey...we even include a space for you to write the date for each quote.

Use the quotes to inspire your day, and then use the included journal space to make note of how that day's quote guided you on your journey – ideas, thoughts, feelings...dreams!

The quotes in this collection have been gathered from many sources, and we have made every reasonable effort to attribute each quote to its original author.

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