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# Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation  
- Practice Journal Included -

By

Michelle McClellan  
Psychologist  
Mindfulness Trainer  
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new afterword celebrating 10 years of influencing the way we live When *Wherever You Go There You Are* was first published in 1994 no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750 000 copies to date Ten years later the book continues to change lives In honor of the book s 10th anniversary Hyperion is proud to be releasing the book with a new afterword by the author and to share this wonderful book with an even larger audience

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