

Jim Collison

Treat Yourself to Good Health — Meditate

Collison's 80 years meditating drive his thriving life

Imagine what you can learn about thriving in life from Jim Collison, the researcher and author who is just shy of age 90.

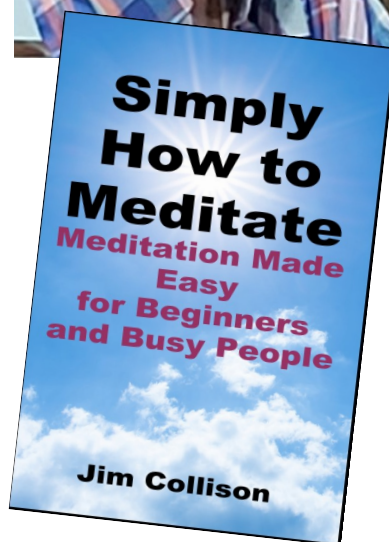
He started meditating before he was about 10 years old. He's been meditating for nearly 80 years! Now he's author of "Simply How to Meditate: Meditation Made Easy for Beginners and Busy People."

Imagine what you can learn from a researcher and author whose first two books were "Skill-Building in Advanced Reading" and "Mental Power in Reading," published more than 50 years ago.

Imagine the questions you can ask — and get answers to — when you're interviewing the reporter who broke the full story of the Buddy Holly fatal plane crash to the world. In 1959.

Imagine what you can learn from a researcher and writer whose first journalism job was sports editor. And whose most enjoyable writing experience was writing the book "NO-How Coaching: Strategies for Winning in Sports and Business from the Coach Who Says 'NO!'"

Most of all, imagine what the life and experiences of a near-90-year-old meditator can bring to the topic of better health through meditation.



Truths about meditation most people don't know

— People who say they don't meditate actually do meditate...but don't know it.

— Health-giving meditation takes less than 3-minutes to learn. What takes time is practicing it until it becomes a health-giving habit.

— Most everything in your daily experience can be an opportunity to meditate.

— One kind of meditation that anyone can do will release "love medicine" — chemicals in you that relax you and boost your sociability.

— Another kind of meditation — called affirmation meditation — helps you make positive changes in your life.

— 1 to 3 of every 100 people trying to meditate by listening to guided meditation may not benefit because they have no mind's eye. A condition called aphantasia.

Favorite Topics

- ◆ Meditation: The Living-Moments approach
- ◆ Aphantasia (no Mind's Eye)
- ◆ Wellness and meditation
- ◆ Self-improvement meditation
- ◆ Self-healing meditation
- ◆ Meditation for sleep
- ◆ Stress-reduction meditation
- ◆ Love meditation
- ◆ Gratitude meditation
- ◆ Athletes and meditation
- ◆ Holistic health and meditating
- ◆ Empowering meditation

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For More About Jim Collison go to

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