

**Soul-Centered: Transform Your Life In 8 Weeks With  
Meditation By Sarah McLean**

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## **Soul-Centered: Transform Your Life in 8 Weeks**

Soul-Centered presents a contemporary, mainstream view of meditation in an 8-week program that delivers time-tested techniques so you can easily cultivate an

### **Sarah McLean (Author of Soul- Centered) -**

Sarah McLean is a contemporary meditation expert and author of Soul-Centered: Transform Your Life in 8 Weeks with Meditation (Hay House, 2012).

### **Awareness: Be Here Now - Soul Centered: Transform**

More Episodes From Soul Centered: Transform Your Life in 8 Weeks with Meditation

### **MBH Profile: Sarah McLean - Mind & Body Healing**

Personal Statement: Sarah McLean, best-selling author of Soul-Centered: Transform Your Life in 8 Weeks with Meditation (Hay House 2012), is an inspiring, contemporary

### **Soul Centered: Transform Your Life in 8 Weeks**

Looking for happiness, fulfillment, and a little inspiration? Soul-Centered: Transform Your Life in 8 Weeks with Meditation will help you to find just that.

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How did meditation transform your life? Get Soul-Centered navigating your life based on that peaceful, loving,

### **Spiritual & Healing Practices**

About the Book: Soul-Centered: Transform Your Life in 8 Weeks with Meditation by Sarah McLean sarah, mclean, meditation, mainstream+meditation,

### **Sarah Mclean Soul Centered - YouTube**

Feb 02, 2012 Sarah McLean introduces her new book, Soul-Centered: Transform Your Life in 8 Weeks with Meditation.

### **Sarah McLean | The Chopra Center**

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