



Basic Principles of the Kelee (R): A Step-By-Step Guide to Kelee Meditation

Ron W. Rathbun, Kelee Foundation

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The book is a step-by-step guide to Kelee® meditation. A medical study at UCSD Medical Center showed Kelee meditation significantly reduces stress, anxiety and depression. A still mind detaches from negative thoughts leading to calmness and clearer perception. In time, a calm clear mind helps the immune system and improves overall health and well-being.

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