Learn how to use it to relieve stress and tension, relax the body, find focus, and center your mind. It's far better to create the habit and work it into a more thorough version of that habit. It's helpful to have silence and privacy, but more experienced meditators can practice meditation anywhere. Meditation affects the body in exactly the opposite ways that stress does by triggering the body's relaxation response. It restores the body to a calm state, helping the body repair itself and preventing new damage from the physical effects of stress. You can learn many effective meditation techniques from a book or from the meditation resources right here on Verywell. The benefits of meditation can be felt in just one session. The Meditation Transformation book. Read 35 reviews from the world's largest community for readers. **INCLUDED WITH EACH PURCHASE: After downloading your...**