

One reason is

because

for this reason

as a result

in fact

this is why

Meditation is the Best Medicine

To enjoy meditation , find a quiet place to sit or lie down in a comfortable position.

Close your eyes and just let yourself relax. As soon as you start, you will feel more peaceful.

Feeling relaxed is only one of the benefits. There are many reasons why you should meditate. _____ that you will feel less stressed _____

Your problem won't seem so serious , _____ simple solutions come along. _____

You will begin to feel more focused. You will also start to feel healthier and your body will respond in a healthy way _____ you won't get sick so often and you will have more energy. _____ life is more fun when you meditate. You worry less and feel like playing more. With so many benefits, isn't it worth trying?