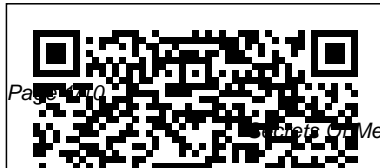

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davidji is an internationally recognized meditation expert, stress-management counselor, corporate trainer and author of the award-winning *Secrets of Meditation: A Practical Guide to Inner Peace & Personal Transformation*, and of the Amazon best-selling book on managing your stress through meditation: *de-stressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mi*

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meditation practice so you can
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silence that rests within, get
control of your stress and find
your best version of yourself.
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