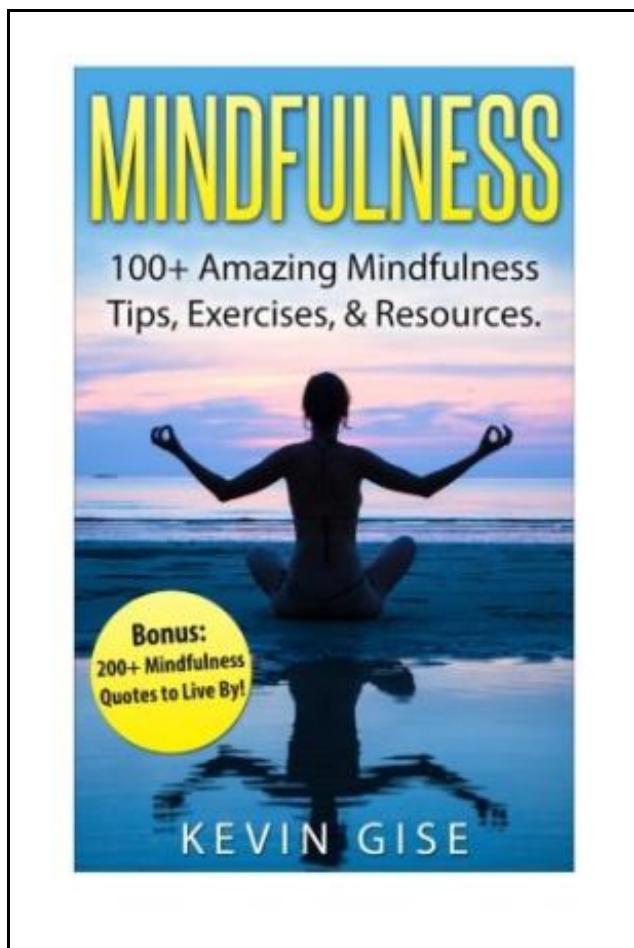


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***Reviews***

*Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).*


*(Doris Beier)*


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Free Bonus E-Book As A Special Gift!! Want To Learn to Live In The Present? Discover How You Can Be More Mindful In Your Daily Life Many of you may be asking, What the heck is mindfulness in the first place. I know that was my initial reaction when I first introduced to the concept a few years back. Well, this isn t some new idea. The concept of mindfulness has been around for over a thousand years. Being mindful means living in each moment and experiencing it fully. It teaches you how to become fully aware of yourself and your surroundings, while also improving focus and attentiveness. Mindfulness has been scientifically proven to help improve symptoms of insomnia, depression, anxiety, along with aiding in stress relief and better general well being. Mindfulness can teach you how to stop worrying over your future and start living in the present. It ll help you focus your energy and passion into living a happier and more productive life. I ve found that once I started practicing mindfulness in my daily life I was able to increase my productivity at work, and still have plenty of time to spend experiencing life with my friends and family. Inside this book you ll find a ton of tips, strategies and exercises you can begin using to live in the moment and start reaping all the benefits of a more mindful life. Inside You Will Learn: An Introduction to Mindfulness The Benefits Of Mindfulness How to Begin On The Path to Mindfulness 11 Mindfulness Exercises to Get You Started! Yoga Mindfulness Meditation Mindfulness Anxiety Mindfulness 55+ Mindfulness Tips for Beginner s...

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