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## Mindfulness for Beginners: How to Live Your Everyday Life with Peace and Happiness (Paperback)

By Julia Chandler

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mindfulness for Beginners Are you stressed by the dayto-day struggle of life? Have you reached the point where you re ready to stop letting fears, worries, and distractions get you down? Mindfulness for Beginners can help! If you want to feel better and enjoy every experience and relationship you have, it s important to be mindful. With mindfulness practice, you ll focus on what s important in your life and in your pursuit of happiness, and stop feeding the negativity and distractions that get in your way. By reading this book, your will learn: -How you can be mindful and stop worrying - The benefits of living in the moment - Effective mindfulness exercises, including mindful breathing, mindful eating, mindful walking, and mindful creating - How to combine mindfulness and happiness - Mindfulness tips to help you focus, improve relationship, and boost your work efficiency And much more! Mindfulness can improve both your mental and physical health, and make you much happier and more productive. Order your copy of Mindfulness for Beginners, right now! ---- TAGS: mindfulness for beginners, mindfulness meditation,...



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