



## Mindfulness Exercises for Beginners (Paperback)

By Patricia a Carlisle

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book contains proven steps and strategies on how to be mindful to help improve your well-being and live a better life. What is this thing called mindfulness. Has it been around for thousands of years. How can it help me? This book will answer these questions. Mindfulness is a time-honored way of improving your well-being, happiness and sense of fulfillment. It has been shown to reduce depression, anxiety, substance abuse and even pain. The practice of mindfulness was developed in India over 2500 years ago. These ancient techniques of meditation have recently been adapted to address twenty first century pressures of modern living, and how it can be fully utilized by beginners. Have you ever felt a little down, maybe upset about what someone said to you or perhaps anxious about a meeting in a few days time? Possibly you've found your thoughts running out of control or you worry a lot. Maybe you have a serious disease, in pain, or suffering from a mental illness such as depression or schizophrenia? Mindfulness may help in all these situations.



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