



Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go (Paperback)

By Kellie Sullivan

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Powerful Secrets To Mindfulness is Revealed! A Short Read With Easy To Apply Practical Tips Powerful Knowledge That Will Help You In No Time Have you ever wished life would just slow down? Have you ever felt like you are racing the clock? I bet everyone has at one point or another. We get stressed, frustrated and angry over something we can't change. Life will never slow down so to speak, but we can accept this and become mindful of ways to approach this problem. This book will give you insight into a mindfulness world. With over 50 examples and tips, mindfulness will become second nature to you. You will be observing the world around you and figuring out things you never knew. You will feel strong, relaxed and happy at the end of the day. Tired of having a chaotic lifestyle and feeling lost all the time? Are you ready to make that change? Here Is A Preview Of What Inside The Book: Definition of mindfulness Different categories of mindfulness Examples of mindfulness exercises Positives of mindfulness Letting go Changing your life A how to guide...



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