



Mindful Meditation, Anyone, Anytime, Anywhere: Achieve a Stress-Free, Healthy and Happy Lifestyle (Paperback)

By Serene Genie

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Mindfulness and meditation promotes well-being of mind, and subsequently the body. It helps to deal with stress, frustration, and depression, giving you a stress-free life, and promotes a healthy and happy lifestyle. BUTIs it easier said than done? Can it be done easily by anyone? Does it require a lot of time? Does it take special effort to go to a special place just to practice it? This book will make Mindful Meditation work for anyone. It does not take up a fixed and rigid schedule, or require you to go to a special place. By incorporating it into your lifestyle, you can effectively practice it anytime and anywhere! Unlike other books, it does not focus on long discussions on theory, but offers many simple-to-follow practical exercises that you can use to start practicing and almost get the benefits immediately. In addition to covering the traditional sitting meditation approach which may not always be suitable for everyone, it offers 7 alternate and easy meditation techniques which you can adopt, thus allowing you to easily practice anytime, anywhere. It also gives you...



Reviews

This is actually the finest ebook we have go through until now. It is writter in straightforward words and phrases instead of difficult to understand. Its been designed in an remarkably straightforward way and is particularly just following i finished reading through this book by which basically changed me, change the way in my opinion.

-- Gillian Wisoky

Great eBook and useful one. it was actually writtern really completely and useful. You are going to like the way the article writer publish this publication.

-- Prof. Ernestine Emard

Relevant eBooks



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...