



## Spirituality: Buddhism, Zen and Mindfulness (Mindful Eating) (Paperback)

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By Maya Faro

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Get Your Power Back!Recharge your body, mind and soul with the most beautiful and effective spiritual practices.Take advantage of this limited 3 in 1 edition!Included are the best of Maya Faro's spiritual personal development books to help you reduce stress and enjoy life.What's inside?Book 1 Buddhism: Your Personal Guide to Healing Your Life, Achieving Happiness and Finding Inner Peace Book 2 Zen: Heal Your Life, Make Friends with Your Emotions and Feel at Peace with YourselfBook 3 Mindfulness: Mindful Eating: Proven Secrets to Lose Weight, Stop Overeating and Feel Relaxed You see, Spirituality doesn't have to be about complicated rituals, expensive retreats and difficult spiritual how-to manuals!It all comes down to diving deep, making friends with your emotions (both good and bad) and understanding your awareness.This is what this book is designed to help you with.In this book you will find effective techniques to step out of your mindless, stressful thinking and allow your mind to finally embrace a new, empowered lifestyle so that you can achieve peace and happiness in all areas of your life.Scroll to the top of the page and select the...



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