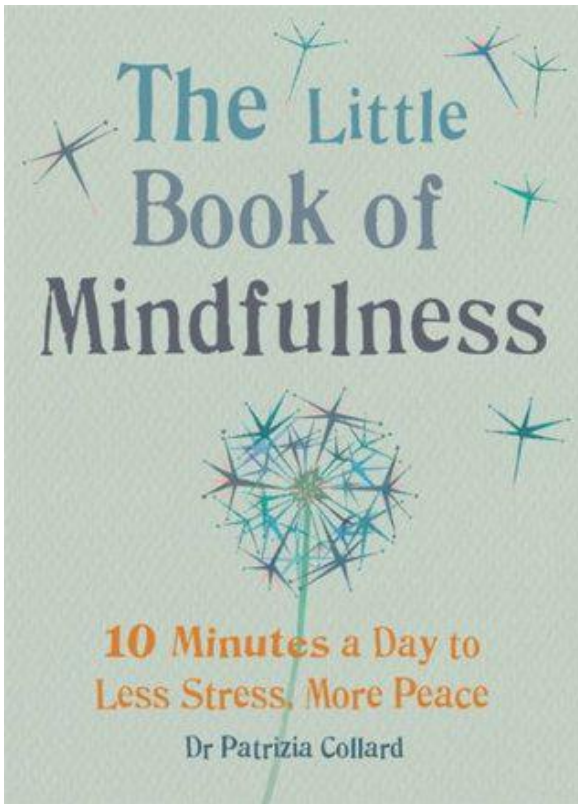


DOWNLOAD The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace by Patrizia Collard [EPUB]



Detail Book:

- **Title:** The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace
- **Author:** Patrizia Collard
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Book Synopsis:

Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or finding hours of special time to meditate. Bring these simple 5- and 10-minute practices into your day to find freedom from stress and ultimately, more peace in your life.