



30 Days to Stop Giving a Shit: A Mindfulness Program with a Touch of Humor (Paperback)

By Harper Daniels, Logan Tindell, Corin Devaso

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. "I don't give a shit," is a popular phrase that people use. However, most people say it because they actually do give a shit, yet they don't know how to drop the attachment. If you want to live your life to the fullest - unfazed by the problems, issues, emotions, judgments, and expectations of people and society - then this mindfulness guide will be of immense help. This 30 day mindfulness guide consists of lessons and exercises that will help you reach the state of not giving a shit. To not give a shit is a wonderful state of being; however it can rarely be reached without awareness, self observation, and freedom from attachment. Let this mindfulness program guide you to the awareness that you truly don't have to give a shit; so that you can live awakened, aware, and happy in the present moment. (Checkout more of our mindfulness guides at . Don't forget to leave a review and share with those you love!)*****Mindfulness is a practice that has been around for ages, and has effectively changed the lives of many, especially while joined with cognitive behavioral therapy...



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