



Mindfulness Plain & Simple

By Oli Doyle

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Mindfulness Plain & Simple, Oli Doyle, MINDFULNESS PLAIN & SIMPLE provides the tools, tips and tricks you need to de-stress and de-clutter your mind. Inner peace and happiness are available now, and they're closer than you think. By taking just a few minutes out of your day and making the simple but dramatic shift into the present moment, you will find more focus, effectiveness and clarity than you ever thought possible. There is no jargon, religion or new age vision quest, just simple tools to be happier and more confident straight away. Oli Doyle is renowned for teaching mindfulness directly to those with no experience. For anyone seeking a simple, practical guide to living mindfully, this book is a must.



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