



## Mindfulness: A Guide for Achieving Clarity and Purpose in Your Life

By Katherine Jane Welch

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are You Stressed Out From All The Pressures of Life? Amidst the busy nature of our daily lives, there are moments where we completely lose the sense of reality. This is the last thing that we would want to happen to ourselves. Sadly enough, in a world full of well-oiled machines and technological advancements, would we like to be considered machinery functioning as an autopilot based on our thoughts, emotions, feelings, and reactions? Do You Want To Learn How to Achieve Inner Peace? Well-crafted and properly guided, this book will serve as your mentor and as your companion in achieving your inner mindful state. This book, together with a disciplined manner, guarantees that you will not only have your envisioned mindful state, but you will also learn how to create your own life of happiness and peace. It shall guide you to the path of fulfilling your true existence. By being aware of the physical troubles and emotions that agitate you, you will soon realize that all that vented anger and frustration can lead to nothing positive. Instead, we will...



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