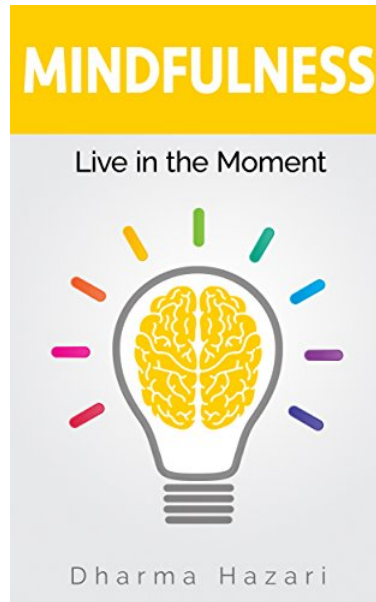


ANPP7 [GET] Mindfulness: How to become Present in the Moment (Practical tips and Daily Routines)



CONTINUE ►

The key to cultivating inner peace or developing a laser-like focus is Mindfulness. With the right mental toolkit and knowledge, you can learn and develop this skill. Amidst the daily chaos of work, family and trying to maintain good health, we often forget to take care of our most important asset – our mind. If we let our environment and circumstances dictate our state of mind, we are vulnerable to stress, anxiety and even depression. Especially in the modern day and age with social-media like facebook and youtube, getting distracted is too easy. Can you recollect the last time you were so involved in your life that the sense of time disappeared? The truth is that most people cannot. Even with all the material success, the feelings of joy and equanimity are missing in people's lives. So, how do we navigate life doing all the things we're supposed to do but still balancing our inner self? "Yesterday is history. Tomorrow is a mystery. But today is a gift. That is why it is called the present." - Master Oogway, Kung Fu Panda

The ancient practice of Mindfulness offers a variety of practical benefits that can help you get your life back on track and keep it perfectly balanced. Many scientific therapies like MBSR and MBCT use mindfulness to help patients deal with their pain and psychological blocks everyday. Almost all the billionaires, investors, olympic athletes and anyone who can be considered successful (top 1%) use some form of mindfulness in their daily routine. In this book, buddhist monk and mindfulness teacher Dharma Hazari teaches you what Mindfulness is all about and how you can get started implementing it in your daily life. Among other things, you will learn: The secret mindfulness routines of world's most successful people. Daily habits and techniques to release your stress and relax totally. How olympic athletes train their mind to stay focused and present. How to massively boost your empathy and enhance your relationships. What it takes to experience true joy and feel fulfilled inside. 10-minute mindfulness techniques you can practice in your living room. Even if you're someone who has borderline ADHD, this book is designed to give you valuable insights and step-by-step techniques to get you started. Simple language is used inside the book to make it beginner friendly. Pro-tips and additional resources are provided for advanced practitioners. To learn more, get the book now! (FREE Bonus Guided Meditation inside) Scroll up and click on the "Buy Now" button.

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