



Everyday Mindfulness

By -

Book Condition: New. Publisher/Verlag: Octopus Publishing Group | 365 Ways to a Centered Life | Take a little time out every single day to centre yourself through mindful thoughts and activities. Take a little time out every single day to centre yourself through mindful thoughts and activities. | Mindfulness has become a key part of life. The benefits of taking time (even just a few minutes a day) to step back from the rush of life and focus on yourself and your thoughts can be enormous - you will find yourself becoming more centred, more aware of your own needs and more ready to face the challenges of day to day life. The exercises in 365 Ways to Everyday Mindfulness can be undertaken easily, without huge amounts of preparation or panic, and the day per page format makes it easy for you to incorporate these small tasks into your daily routine. Inspirational quotes are peppered throughout, reminding you that others have walked in similar shoes to your own and have come through life smiling. You can too! | Format: Paperback | Language/Sprache: english | 614 gr | 171x144x26 mm | 384 pp.



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