

***One Minute Mindfulness 50 Simple Ways To Find Peace Clarity
And New Possibilities In A Stressed Out World Donald Altman***

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6 Mindfulness Exercises You Can Try Today 1.Mindful Breathing. This exercise can be done standing up or sitting down, and pretty much anywhere at any time. If you can sit down in the meditation (lotus) position, that's great, if not, no worries. Either way, all you have to do is be still and focus on your breath for just one minute.

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