



## Mindfulness Practice: Beginner's Guide to Meditation Techniques for Creating a Stress Free Peaceful Mind Harnessing the Power of Now

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By Lisa Townsend

Createspace, United States, 2014. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In Mindfulness Practice: Beginner's Guide to Meditation Techniques for Creating a Stress Free Peaceful Mind Harnessing The Power of Now, you'll discover how to quiet your mind in one minute or less with a variety of proven meditation techniques. From mindfulness in everyday life to breath awareness and visualization, the practices in this book are designed to give anyone with one minute to spare a taste of inner peace. The great wisdom traditions tell us that who we truly are is spirit; that if you can't find God, you moved. That is, we can never really lose the deep peace, stillness, and clarity that we seek with spiritual practice - but we can lose sight of it amidst the distractions of modern life. The journey to an abiding awareness of our spiritual selves is a complex process that looks different for everyone, but at its core, it is about becoming more present, and therefore more conscious. When we are present, we have more clarity about our life situation, and more freedom of choice in how...



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