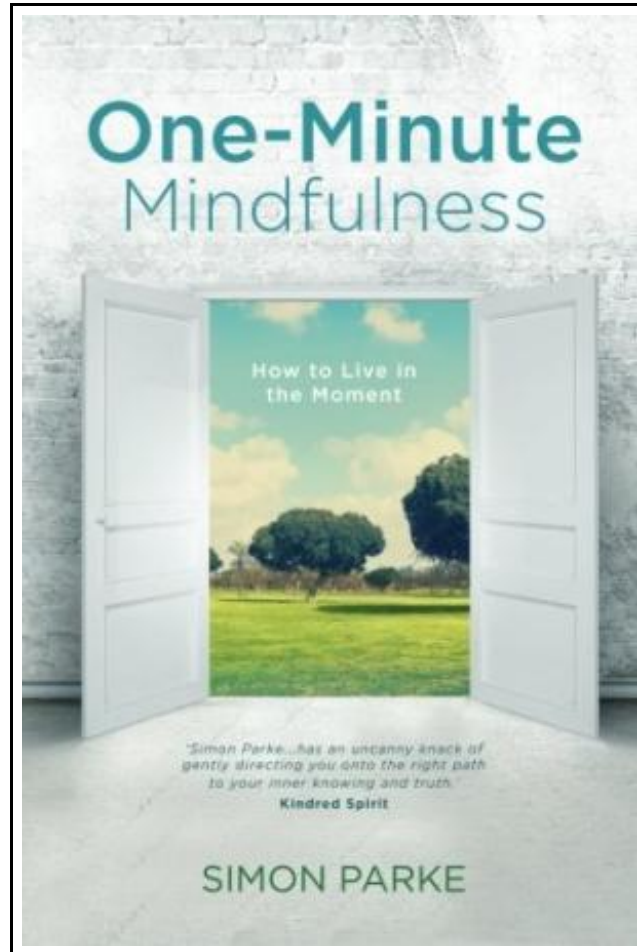


## One-Minute Mindfulness: How to Live in the Moment



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*(Dr. Kayden Gerlach)*

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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, One-Minute Mindfulness: How to Live in the Moment, Simon Parke, Sometimes we can lose touch with ourselves so much that we spend our days going through the motions, without really experiencing our lives. In today's world, we expend so much energy looking forward, rushing on to the next thing, or looking backwards, stressing and worrying about our perceived mistakes, that we rarely still ourselves and our minds enough to be truly in the present moment. In One-Minute Mindfulness, Simon Parke uses stories and simple thoughts to help us see how we can return to the present moment and remain there. This subtle change can be startlingly healing, bringing peace into every area of our lives, allowing us to live freely and fully and to honour what is true for each of us. Both inspiring and practical, this book is for anyone who wants to come home to themselves. This updated edition includes a new introduction and fresh insights for a new generation of mindfulness seekers.



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