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## Cheryl Saban s Guide to a Happy and Mindful Life (Paperback)

By Cheryl Saban

Ryland, Peters Small Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. A beautifully illustrated pocket-size gift book that explores the experience of mindfulness through the personal recollections of everyday people as well as quotations from writers and philosophers. All of us yearn for happiness. But in this day and age, it's easy to understand why people get sad or feel overwhelmed. How can one cope with financial worries, marital strife, and health problems? Where does hope come from? Can we be happy despite the difficult life-cards we've been dealt? The answer is yes. A major proportion of your ability to be happy is entirely up to you. Through practicing mindfulness it's possible to attract positive experiences into your life by purposefully choosing to be happy. Mindfulness is simply about deliberately paying attention to things we normally would not even notice; becoming aware of our present moment experience as it arises, non-judgmentally and with kindness and compassion. When we practice mindfulness we are aware of what is happening in both our mind and our body. We are paying attention to our inner thoughts - the stories we tell ourselves - as well as...



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