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Mindfulness Guide (3 Mindful Books in 1): Complete Guide to Happiness and Peace in Every Moment (Paperback)

By Rachael L Thompson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 50 OFF! (Now through Monday) Three Powerful Books in One Set! Complete Guide to Mindfulness Includes: Book One: Beginner s Guide to Mindfulness in a World of Chaos This book is perfect for those new to the concept of mindfulness and also those who would like a refresher or new techniques that encourage mindful living. By the time you have finished this book you will know: what mindfulness is and how you can apply this knowledge today, quick and simple meditation techniques, common causes of stress and anxiety and how to combat these using mindfulness, techniques to prevent feelings of regret, and an overall plan to begin making changes for a happier life. Book Two: Mindful Mornings: Daily Reflections and Meditations to Start Your Day Off Right Mornings are said to be the most powerful part of any day. They represent a fresh start, a new beginning. Devoting just five minutes each morning to reflection and meditation will transform your days and eventually lead to a more blissful life. Carry these reflections and meditations with you through your days and watch...



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