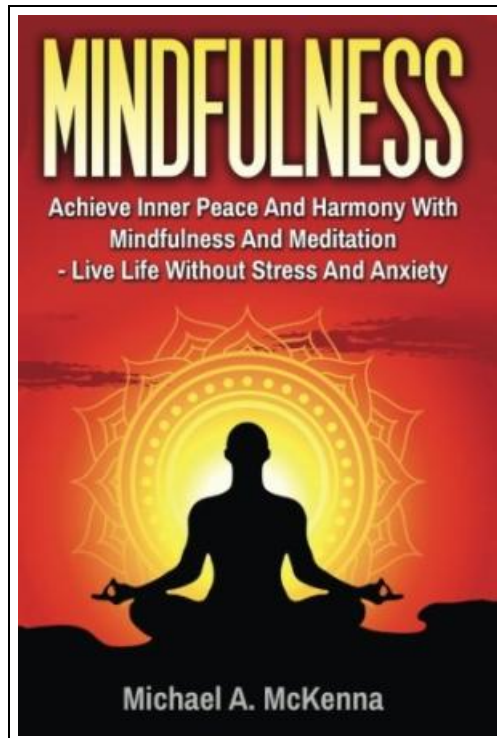


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For a short period only, get this in depth book for only \$8.99. Usually priced higher! Enhance Your Everyday Life with the Amazing Benefits of Mindfulness Mindfulness is a form of awareness, of the present moment. Mindfulness is a way of life, a new way to be, free of stress and anxiety. It is a way to experience your thoughts, sensations and emotions, without trying to control them, untangle yourself and be free. Its viability has been expounded by everyone from the Buddha to modern medical practitioners. This book is your brief, practical guide to making mindfulness a part of your life through a range of techniques, which combine aspects of Buddhism, modern medicine, yoga, meditation as well as art-based methods. Being more mindful is a sure shot way to tackle stress and anxiety in your daily life, with long-term goals of inner peace and harmony. The great thing about mindfulness is you can use its techniques anywhere, anytime. There is a range of simple exercises in the book. Use them as guidelines in your mindful journey. Start small. Stay focused. With regular practice, they will also improve your mental health, overall brain function and physical well-being apart from other benefits. There is no downside to being more mindful, and this is just the book to help you get started. Mindfulness Is Not Just Relaxation It is important to remember that mindfulness is not the same as relaxation, even though they are used interchangeably in many contexts. The intention of mindfulness is to cultivate, as said, an awareness of the moment. Even though relaxation might be a well-observed symptom of mindfulness, it is far from the goal. It is important..



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