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By B L Hallison

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover the Full Richness Life Has to Offer by Uncovering the Path to A Calm, Peaceful Mind Do you find your mind constantly replaying the same conversations in your head over and over again? Do you often find it hard to simply calm and relax due to an over-anxious mind? Do you want to discover the strategies to become more mindful and aware in all aspects of your daily life? This book is your complete guide on how uncover the full richness life has to offer by increasing your conscious awareness. The key to living a relaxed, content life is in your power. Publisher s Note: This expanded edition of Mindfulness for Beginners includes FRESH NEW CONTENT to better help you on the path to peace and contentedness. The advantages of mindfulness meditation remain numerous. It is not only a fantastic concentration exercise, but the healing effects of mindfulness meditation on stress and anxieties are well-documented. Having been explored extensively through a scientific standpoint, mindfulness meditation is increasingly recognized as particularly effective. It is the...

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