



Mindfulness: 7 Simple Steps to Achieve Mindfulness: de-Clutter Your Mind, Relieve Stress, and Gain Clarity (Paperback)

By Christos Orfanidis

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anxiety ? Stress ? Worry ? No more! Suffering from anxiety has become a daily part of life. Stress adds to the daily struggle and that leads us to worry. Starting today, that circle ends! Mindfulness meditation can lead to incredible results, ending the stress, worry, and anxiety .It can help build new habits, improve your lifestyle and help you reach goals you previously thought were unable to be achieved. This guide will help you Develop mindful habits Become aware of your body Become aware of your thoughts Enable you to find peace Find out why scientists agree that mindful meditation is your best first step toward a peaceful life. Here are some benefits of mindfulness meditation that have been proven by science Improves decision-making Improves mood Improves focus and attention span Enhances creativity Improves sleep Here is a preview of what you will learn The Science Behind Mindfulness What is it about this practice that is so effective The Seven Steps to Achieving Mindfulness A step by step guided meditation How to achieve mindfulness through the body How to start meditating If you are depressed,...



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