



Mindfulness: How to Live in the Present Moment Everyday: Mindfulness, Mindfulness Book, Mindfulness Guide, Mindfulness Tips, Mindfulness technique (Paperback)

By Leigh Pullen

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness: How to live in the present moment everyday In this busy world, the mind is always wandering our thoughts and emotions cause stress and anxiety. Many people cannot even afford to sit down for 5 minutes and relax, let alone meditation. However, it is necessary that we take some time for ourselves everyday if not hour just 10 minutes and cultivate the mental spaciousness and achieve a positive mind-body balance. The best way to do it is through mindfulness. There are many mindfulness techniques and exercises which help empty your mind and calm you during your busy schedule. This eBook will introduce you to the world of mindfulness, discussing why it is important, how every person can and must do it to improve their mental and physical being.



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