



Mindfulness Meditation Box Set: Mindfulness, Chakras and Meditation for Beginners

By Linda H Harris

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness Meditation Box Set (3 in 1) Included Books Mindfulness for Beginners: How to Live in the Present Moment with Peace and Happiness Chakras for Beginners: How to Balance the 7 Chakras, Boost Your Energy Feel Great Meditation for Beginners: How to Meditate to Relieve Stress, Achieve Inner Peace and Find Happiness Are you tense and stressed by the day-to-day struggles of life? Have you reached the point where you re ready to stop letting the fears, worries and distractions get you down? Mindfulness for Beginners has your solution. Mindfulness simply means living your life in the moment. It is being present for every moment of your life without fear or judgment. In Mindfulness for Beginners, you ll learn: How to be mindful, live in the moment and open yourself up to new experiences Effective mindfulness exercises like mindful breathing, mindful eating, mindful walking and mindful creating Mindfulness tips to help you improve your relationships, get control over your life and become the person you ve always wanted to be Mindfulness can improve both your...



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