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## MINDFUL MOMENTS: BUILD A HEALTHIER RELATIONSHIP WITH YOUR MIND + BODY (PAPERBACK)



Wilkinson Publishing, Australia, 2018. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In Mindful Moments, Louise Adams shows you how compassion can help transform your life and help you build a better relationship with your mind and body. Complete with a 30-day plan to help supercharge your life, learn how to set new goals and live your best life possible. Practice gratitude, mindfulness and meditation while identifying your values and learning how to use them. Most books focus...

**Read PDF Mindful Moments: Build a healthier Relationship with your Mind + Body (Paperback)**

- Authored by Louise Adams
- Released at 2018



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### Reviews

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