



Mindfulness: Mindfulness for Beginners: A Practical Guide To Awakening and Finding Peace In Your Life! (FREE GIFT inside)

Alexander Yamashita

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Learn How To Awaken Yourself through Mindfulness Meditation

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This book contains proven steps and strategies on how to apply the concepts and practices of mindfulness in day to day life. This textual guide begins by presenting common scenarios and modern day practices that may interfere with one's connection to the present – a very delicate yet often overlooked matter. People who are preoccupied with thoughts of the past, future and whatnot may not realize that their lives are slipping by their fingers. Moreover, it only contributes to unnecessary stress. In an effort to address this dilemma, various meditation techniques (both formal and informal types) are explained in detail in this book. These aid one in becoming relaxed, less stressed and present-centered (the goal of mindfulness)

Additionally, this book presents scientifically based evidence on the effects of mindfulness on the brain and, ultimately, of one's general wellbeing. It serves as proof of the potency of mindfulness and of the techniques that are utilized to reach such a state.

Here Is A Preview Of What You'll Learn After Downloading "Mindfulness For Beginners" book

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