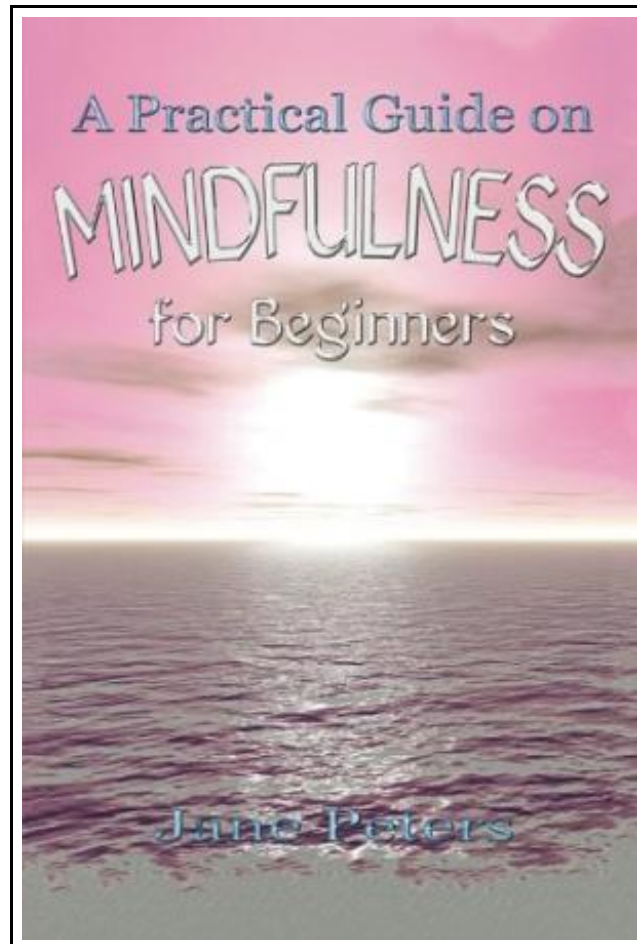


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MINDFULNESS: A PRACTICAL GUIDE ON MINDFULNESS FOR BEGINNERS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover a Practical Guide on Mindfulness This book contains proven steps and strategies on how to be present in situations of your daily life. What would really make you happier? Finding the right person or improving our relationship. Getting that promotion or building a stronger career. Money in the bank or the mortgage paid off. The list can go on. Yet even when we get the things we think we want, there is still the sensation that something is missing. The things we believe we need don't always help us in the way we expect. Sometimes we can be so busy managing life that we are not experiencing it or not experiencing ourselves and the world around us. When we are not aware of the natural elements of life through our own senses, we slip into autopilot. Mindfulness can help us to improve our physical and mental wellbeing by helping us to improve our awareness of ourselves and our surroundings. As a tradition, mindfulness has deep roots, stretching back to thousands of years into the timeless wisdom of the East. Scholars have detailed how mindfulness practices can be used as a way to wisdom while people from the world of sport, business and government today adopt mindfulness as part of their strategies for success. There is a simpler and practical way to learn to live through mindfulness. This is the practice of mindfulness in our daily lives. This requires no elaborate courses or travel or even setting aside a great amount of time outside of our ordinary activities. Doing so can bring fresh discoveries by turning simple tasks into activities from which we get..

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