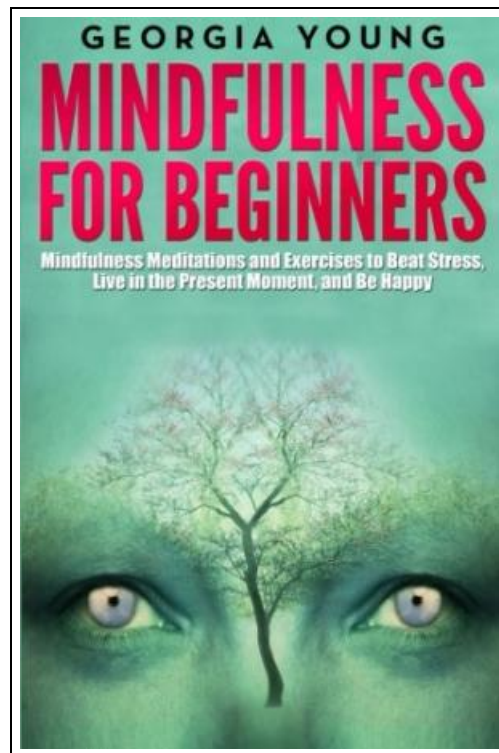


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Everything You Need to Start Practicing Mindfulness Today! Have you ever spent time with your friends and families while subconsciously thinking about work, personal finances, or some other stressful aspect of your life? Of course you have-we all have. When we live this way we miss out on all of life's precious moments, because we're too busy stuck in our heads. And, as modern life becomes increasingly stressful, we are retreating into our heads more and more. It's no way to live, but what is the answer? Mindfulness. Mindfulness silences the inane chatter rumbling around in your head and snaps you right back into the present moment. If you want to live amongst all of the world's natural beauty, to hear-and I mean really hear-what your loved ones are saying, and to live all the things you were missing out on, mindfulness is the answer. The Benefits of Mindfulness If you're worried about life passing you by, you need to live where all the action unfolds: the present moment. Mindfulness grounds you in the present moment, allowing you to live to your fullest potential. Most of us don't choose to preoccupy ourselves worrying about our personal finances, but it just happens to be our default state of mind. If you can learn to silence your mind's inner noise, all of that stress melts away as if by magic. In fact, mindfulness has long been endorsed by medical institutions all around the world. Stress can wreak untold havoc on the human body, and so reducing your stress using mindfulness techniques can have a significant impact on your physical health, as well as...

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