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MINDFULNESS IS THE KEY TO INNER HAPPINESS AND PEACE. (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dee Sticco wants to share with the readers by inking her experience over 20 years in the practice of mindfulness, and how she applies mindfulness to her daily life and achieving inner happiness and peace. She talks of its struggles, success and sustenance of mindfulness, and the sublime moments of her mind train at its fullest. Her ultimate goal is to sustain in mindfulness at the time of her death. By writing this book, she wishes to coach anyone who is seeking inner happiness and tranquility. The world in which we live today are with more chaos than ever. By sharing her experience and coaching through her writing will gratify her to see others take on the path to live an uncomplicated life, and inviting inner happiness and tranquility.



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