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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook. (Nakia Toy Jr.)

MINDFULNESS IN YOUR POCKET (HARDBACK)



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Summersdale Publishers, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Today, accept things as they happen and accept people for who they are, including yourself. Fill your thoughts with a single object and breathe into it, experiencing it fully. We could all use a little more peace and tranquillity in our lives. Mindfulness in Your Pocket provides simple techniques for bringing a more mindful approach to your daily routine, along with beautiful photographs and quotations to inspire you on your journey.

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